

Hatha

A cosmology of horror

Created analogously to a website of the author with the same name under the domain Brangassivo.de. This book is a reflection of the contents thereof.
Please note that the texts contained have not been specially reworded prior to publication.

A postulate

While we were sitting there reading, time passed and things around us largely changed. It seemed so strange to us what was happening. We didn't know where to put it. But what could have caused something like this if not our independence from what was happening?

Hatha

A cosmology of horror

Thought

Reality is design. There is no need to leave out reality. Everything that exists is necessarily the way it appeared. People must recognize for themselves what needs to be done and what is better left alone.

We have to create the tools we need ourselves. The work wants to be created, but what it looks like is up to us. No human being has ever existed without a gift.

Intro

Speech

The author and artist Mathias Schneider would like to welcome you to the website with his own collection of texts in the field of yoga. This text was written over the course of many years. He has created it to evaluate his own experiences in dealing with his passion for yoga and related disciplines. In addition to the texts, you can also see some of the pictures he produced in his workshop. He hopes you enjoy lingering here for a while and tasting these things as they are.

Welcome, Bienvenue

Letter

Ladies and Gentlemen,

Here in this book, which is in the format of a freely designed wiki, Mathias Schneider, *1975, from Offenburg in Ortenau, a district in south-west Germany close to the French city of Strasbourg, would like to tell you something about the way in which he has dealt with the quite extensive field of knowledge of yoga so far. He would like to document the approaches he has usually used in order to show you how he has perceived these things. To some extent, he still recognizes the ideas that were decisive for him in his youth, when he was just starting out in this field. Some of it is still good to use.

However, Schneider will not show you or explain any physical exercises here. Nor should that be his task in writing this book. He has not been trained by someone suitable who has taught something special about it, which will be worth talking about more than is necessary. Others have so

something already done enough. The author certainly couldn't have done any better than this.

The small work 'Hatha' has become very personal in places. It will therefore hardly have the same value for every reader. However, anyone who feels comfortable reading and lingering here should take a closer look at its contents. Those who wish to do so by studying the way in which the author's thoughts are expressed should be allowed to do so. Perhaps he will be able to contrast his own thoughts with what has been written down here. Such a comparison should be a good way of thoroughly evaluating something expressed in words. The confrontation with the work and words of another person is likely to release something useful and fruitful for one's own understanding of such things as have already appeared and been addressed here on this page on yoga.

Mathias Schneider has worked these things out and then processed them linguistically in detail. He did this in order to clarify this illustration of the imaginary world for himself. He acquired the courage to do this over the course of time. He believed in man's entitlement, which allows him to achieve a share of his own goods. Shaping them and thereby making something possible for himself should result from a human drive that has given him many an opportunity to recognize what is true and right, as it should be valid before us. He has gone to work with imagination and received the results of his linguistic creativity. In this way, he created something almost independent in terms of material. His cause has gained significance through the fact that he has made it real.

The wiki 'Hatha' is still being edited by the author. What is the author thinking while writing it? - He already thought that every person has to find and provide the answers to the questions of their life themselves. We will hardly be able to influence which questions these are. But it should soon lead us back to the right path, that we deal with the valid questions of the present and have already learned something for our lives from the corresponding lessons. We should be able to understand our own lot in order to have the basis for making the necessary decisions.

If the questions come from us and the answers to them are neither scientifically sound nor religiously backed up, and in no way correspond to local custom, one can confidently speak of a statement from the realm of esotericism. Schneider regarded his written discussion of yoga as such an esoteric text.

Especially for something that is not yet properly understood, one urgently needs one's own approaches that do justice to the person with his or her talent and the simple make-up of his or her mind. Such approaches should be relevant to a person's progress in their actual life situation. This also applies to the author. The possibility of considering an improvement in the events of one's own existence and considering how to find and follow such a path is one of the main reasons for creating the writing here. It should be clear to the reader from the outset that Mathias Schneider is concerned with accepting the given as it has arisen in him. His behavior determines his existence. But this has also made it possible for him to accept what comes to his mind. It is his idea

thanks to which he understood who he was, what he had and what he could do for himself. He formed his thoughts on this and mentioned them in this document, among others. The author has thus found an opportunity to write texts about yoga using the example of his own existence. It has to be something simple that he presents, because it should be well received by the respective readership. This is clear to Schneider. He has created things for himself here that are practicable for him. Quite rightly, some of it will seem unfamiliar to you. After all, everyone knows their own life best. Some of what is written here seems quite unconventional at first glance. His life and existence have always led to approaches and ways of looking at things such as those found here. He admits that some of them are unusual and unique.

In principle, these are supposed to be viable paths for him, which is the result of his efforts. However, he has had to leave them temporarily in order to continue to cope well with his life. He has been trying to get on with things for some time, as he has already briefly touched on here, but not all of it has been implemented in everyday life. Some things simply take turns and are only renewed after they have been left to rest for a while.

Here on this wiki, which he has developed over many years into a basic framework for his world of thoughts and ideas, the focus is now to be on the author's self-awareness as he sees it. The key to his work should in fact be his own aesthetics contained in his things. In doing so, he orients himself to the younger years of his life, but his youth was also taken into account when he worked on this.

There are also many comments here on the things that go hand in hand with meditation and the practice of devotion. What he has described exerts a certain influence on the way he leads his life and has thus already given him some stability.

This state of contemplation is particularly beneficial for him as a Christian. Schneider likes to compare the term with the Indian word samadhi. In both situations, it is about an internalization of perception in connection with the experience of deep peace. Starting from this and maintaining peace in the real situation of everyday life should lend our existence a certain beauty.

This concludes this introductory letter and I hope you enjoy reading this collection of texts on yoga & co. And so remains

With kind regards

the author Mathias Schneider

Info

Thought

I tried to do a little less of Kant and a little more of Brecht instead, despite my simple school education, because I liked it so much.

Letter

Cover letter

Dear reader,

Please do not expect too much from my perhaps somewhat clumsy attempts to describe yoga as I have come to know it. I am not an ascetic, a sadhu, a samnyasin or an arhat. Nor have I elevated myself above other people.

Nevertheless, I would like to kindly share something of my own experience with those people who wish to read this document. Although there will certainly be a lot more to say about the respective things than I have done here, I would like to be careful not to adopt the pointing stick of a teacher in an exaggerated manner. I certainly wouldn't want to use one. I have tried not to write anything horrible about my experiences with Hatha.

Of course, I still mention what set me on the path and what I still struggle with today as I walk it.

Over the course of my life, I have gained something thanks to a connection to yoga. Without some prior knowledge of it, I probably wouldn't have found my main subject, my own frequency, during my mechanical engineering studies. It was a real stroke of luck for me what happened then.

What constitutes a person's own frequency? - Knowledge of this type of resonance is based on insights that can be gained through meditation on the corresponding theme of an actual inner and outer movement. To do this, we should look at the rhythms that have structured us as human beings and allow our physical characteristics to play a role in our lives. The characteristics of what made us who we are indicate who we are and what is wrong with us. These should be markers that signal to us what we need to do to come into harmony with ourselves.

As far as the work is concerned, it is an element of the 'construction kit'. It embodies a collection of my own writings, created in the form of a card index. The purpose of this is that I can work creatively on it. In doing so, I can train myself linguistically. I expect something from this. After all, I would like to be a writer for a living one day. The elements in the 'construction kit' file will also be produced as books at some point.

I always have a little hope that I can carve out my own little world of thoughts and ideas. I write down something familiar in order to take note of it again. In doing so, I place my bet on the fact that

I will succeed in presenting the things of my existence in a finite way.

In the meantime, certain content-related links between the individual wikis have already existed. But you will have to find them yourself when reading through my writings. I could not also point out where they can be found. Otherwise the text will appear illegible to some people.

If necessary, explore the other wikis in my index. Perhaps you will come across such cross-connections. In the meantime, I would like to ask you to view my text works as a virtual 'wicker basket'. It is still somewhat unfinished, but some strands are already woven.

Now I would like to refer you to the content in the 'Setzkasten', which is part of the exhibition. It contains pictures and music from my own production. These works have also been produced in a thoroughly personal manner. The links to the overview pages of 'Setzkasten' and 'Baukasten' can be found at the top of the homepage menu on the 'Hatha' website. You can also search directly on the Internet for [mathias- schneider.com].

I wish you much joy in reading this collection of writings and in other ways too. In the meantime, I remain in good spirits and full of hope

Yours sincerely, Mathias

Schneider

Introduction

Thought

A country in the middle of other countries and spheres of influence has no choice but to uphold order. Those who have identified their opponents must also recognize their opponents. Nothing that is important for this country should come between the wheels. That is why it is better to fend off war. Once peace prevails, people can recover. Their efficiency promotes peace. In war, however, everything is lost. Nothing remains.

Thought

Knowledge is often more of a fiction than an actual fact. It is acquired by chance and only lasts to a limited extent.

Getting from the path to the goal is the practice. Theory takes the opposite route. To do this, however, the path and the goal must already be known. It wants to explain the course of events and goes from the goal to the path. Experience speaks from it.

Those who have chosen suitable goals for themselves can also achieve them. True mastery is about yourself.

Thought

A person who has done everything with strength will fail at some point. That sounds harsh, but he will lack the necessary gift for variation.

That's when we let go of everything. We no longer tug at ourselves. A peace comes true.

Thought

I would like to live my life with imagination. Without the gift of it, I would not be able to endure what I experience any better.

Those who do not want to acknowledge the ideas of fantasy must reject them. But then they sometimes come away empty-handed, while others have worn a crown. And they were right to do so.

Thought

Effects of practicing yoga & co.

It has been observed that when practicing certain positions, I have at times suddenly lost consciousness. I have fallen backwards. I have experienced this twice so far in the same pose, even though years have passed in between. Yoga would be a great thing. We have to understand it properly.

In order to be able to perform the series of exercises taught in yoga in a meaningful way, you need the practical support of a practiced teacher. This should be someone who knows the applicable correction instructions and also passes them on.

It is difficult to find such a teacher in Europe. If you do get to know someone who does this, you have to check whether they deserve your trust. There are also charlatans.

Yoga is based on a system of order and relationships. Dhamma or Dharma is the name given to this order in Indian. It gives meaning to the structure of the cosmos. Prudence would be required of someone who wants to get closer to themselves with the help of a yoga practice.

Idea

One point of view

From a European perspective, yoga comes from a different culture. It is not a copy of a European way of thinking. Rather, it has emerged independently and has undergone its own development.

Modern variants of yoga often have the purpose of identifying with Indian values. The need to establish such values can be justified historically. It results from the fact that the Indian subcontinent was dominated by Europeans for a long time. The occupying forces also left their mark on the Indian population.

Documentation

Bids

It is important to me to profess the precepts of a yogin. Everything is based on the fundamental principle of ahimsa. It means that you must not actively or passively harm other living beings.

How broadly the term can be defined becomes clear with the Jainas.

Further principles supplement this first commandment. They must also be observed.

Impulse

Auspicious actions

Many a person has been wrong about something in their life. This happens from time to time. It's hard to protect yourself from this. That's why we always assume that we are also subject to deception.

Documentation

Concentration

Thanks to our attention, we can direct energy to individual zones of our body and release our own intuition in this area.

Documentation

Hand position

We start with our hands when we adopt a posture.

Thought

Sooner or later, everyone has found something that means something to them.

Approach

Unit

We Europeans like to think of yoga as a physical training system and equate it with a sporting activity. I do not share this opinion.

Idea

Recognizing and adhering to the laws of nature would be of paramount importance for anyone who is serious about what they do. Anyone who wants to deal with something that exists in a way that is predetermined by nature should faithfully observe what is given. He should not allow himself to be seduced into a compliant existence by unfiltered wishes, hopes, expectations and needs. Instead, he can regularly fulfill what he needs. Everything that he has already recognized about the world and his existence in it should continue to make sense to him.

Impulse

The inner world of a person

The fact of life as a human being means that we experience something first-hand. We can describe this. There are all the phenomena that affect us. They define us. A person's inner world is the area where the threads come together and where we regulate what happens. That's why we keep together what belongs together. We expect something from this.

Insight

Dreaming

Who, if not me, has dreamed after finally sleeping? - That will also be a whole part of me that makes up what dreams I experience.

Impulse

Play, dance and taste

The characteristics of a good life result in the qualities of a person that they are able to release as soon as they have everything they need.

Impulse

A quiet moment

Wherever you find emptiness, pause and accept it. The state without suffering has always been a favorable one.

Verse

Healing

If you bring a light to a person, it is good for him.
Nothing has been done to make it shine. All happiness lasts for no reason.

Impulse

Suppose our thoughts were true. What would that mean for us? - The magic of our inner moments will show us what was good and what was not.

Everything is subject to verification through its applicability. What is true must also be good and right. At least to the smallest possible extent, it will be.

Thought was not just a pointer or a point in space. It is interconnected intelligence. That's what he stood for, it's true.

The thought stands more for the inner glow of a person than for blindness. That is why we have accepted the thoughts and left them as they were. Everything will then occur and everything will be something true that we have recognized in ourselves.

Thought

Catalysis

As a skeptic, I have my doubts about the benefits of skepticism. People can also be convinced of something. Nothing happened the way it appeared for no reason.

Impulse

I lead the life of a writer who writes down the thoughts that accompany him in life.

Impulse

Colliery

If we assume that a person is healthy when we examine them, everything about them that is disturbed has been disturbed. We don't even know how to determine what is healthy and what is not. After all, life takes its toll on us too.

Views

Thought

Prologue

Man can bear witness to his own nature with words. Language is given to us for this purpose. It is suitable for this.

He can work with the thoughts he has already written down and develop something that builds on them. This will enable him to make progress.

This is how a writer makes his concerns visible. In doing so, something becomes tangible for him that he would like to imagine. He can clarify his vision.

Something thrives with him. Over time, works were created that satisfied the writer in terms of their content.

Thought

Knowledge

Ultimately, it should not simply be a technique that we use when we do something, but our actions should be inspired by us in a human way. I want to do justice to this fact and have therefore given up all mindless rehearsing of postures and forms.

We should have many opportunities for self-determination. Let's simply work to improve people's overall quality of life by preserving it. Let's do the same for ourselves by taking care of the way we live.

This is what our existence wants to favor. No one needs to earn the right to live well. We are entitled by nature to exist as human beings.

Documentation

The existence of a writer

Fireplaces have always fascinated me. Some hours spent with books have not been nearly as interesting, even if reading is nice.

I like to switch back and forth between the memory of a firelight and the inspired world of my thoughts when I think about my existence. That's what my life is all about.

I've already written a lot in the meantime. I'm doing it so that one day I'll have my own material to draw on.

Insight

The way of the writer

There is the pulling and pushing of the world. I perceive something like that in myself. Everything has struggled. This existence is difficult to fulfill. As a scribe, I backed up what I had written by noting it down. In doing so, I heard my vision. It came to me in the course of time. Something written is only good if it truly and correctly takes into account what is given. I know that well. My words should not be arbitrary. Nor have I been indifferent to what is to come.

Impulse

Equivalent works

Everyone basically has the same thing to say, because the world is the same for everyone. Let's abandon all illusions. Let's lead a decent life. Man is given a consciousness for some things. What he has known, he has also understood something about. Man forms his own and gains something good in the process. He is familiar with what is his own. Everyone knows themselves quite well.

Impulse

When I meet up with friends, it sometimes has a special value for me. We know each other well. What we experience together is something we draw on afterwards.

Impulse

Tasks of a scribe

As a writer, I should produce something that is usable. I work on my work and reduce it considerably from time to time. What I have deleted from it has not been usable in my eyes. What I want to preserve should be something good.

Poem

Expression and impression

Life - experience liveliness.
Allow life, form life, shape the living. Allow everything.
Let everything be as it is.
Something should happen. Something is also
happening to you.

Thought

One of the difficulties in learning yoga is the need to integrate it into our everyday lives.
Practicing postures, poses and movement sequences from the field of yoga can sometimes
be very valuable for a person. In doing so, they get to know themselves and can do
something with themselves.

Impulse

Authorization

In our lives as human beings, we have always had to compare our knowledge. We have
upheld the truth and placed ourselves in a worthy relationship with it.

Language design

A gimmick with serious content

Hey you. Yes, you
there. Where are
you?
Thank God, I'm meeting you.
That makes me happy. Then it's finally fun again.
Once I know you well, you'll get to know me better too. You shouldn't
run away from understanding each other.
We've both been through a lot of crap and still managed something.
What is given to us should be good.
So there is peace.
You are a welcome guest.

Thought

We all have a nature that gives us access to the communities of this world. We should allow ourselves the space we need for this in order to live well.

If you do without, this can be implemented quickly. But then you come away empty-handed.

Impulse

The yogin applies a different code to himself than is common among people. He addresses himself directly with his forms and makes reference to things close to him that constitute his existence. When he has spoken, he has chosen his words according to his knowledge. He also maintains his balance in life and derives his way of life from it.

Thought

Words sometimes drown out the real thing. Only when we have got by without words have we really passed.

Elaborations

Impulse

The spirit of a person

Language flows with us humans and makes us as alive as we are. The words arise of their own accord in conversation with friends. We shape the given, find ourselves and gain access to the happiness of existence. The question of what echoes off the walls as we speak does not frighten us. We are happy to show ourselves as we are. We hold something on it. We humans appear to be the creators of future opportunities because we help to shape the events of a world on a small scale in our own lives.

This will make something true. This kind of human empowerment is what we have in mind when we approach our existence. This would not require us to enrich ourselves with the possessions of others. What we know how to create ourselves is enough for us. It should be something that we want to stand for. People should be able to remember our ideas and the thoughts we express about them.

In our existence, we prepare the basis for happiness in life. To this end, we are already securing our own good. It should include everything that comes from us. This is what we want to have achieved for our future. We want something to come from us that others can place their hopes in. Let's not make ourselves too small in this respect.

We too place our hope in what has come from our fellow human beings. In the meantime, we have thought one thing. The world, or rather humanity, is in a state of conduciveness. It is in balance with its characteristics.

What constitutes such a perpendicular for us? - Well, the term as I have used it here comes from geometry. It can be used to describe the alignment of an axle on a wheel. In relation to the main surface of such a wheel, the perpendicular corresponds to the axis of rotation, assuming that the wheel runs true and does not wobble. It has a minimized imbalance and its path leads a car straight ahead. Everything is provided with a certain degree of smoothness because the properties of the wheel have been matched to each other.

In relation to people, the image of a plumb line can also be used to mean that certain things have been set in motion with them so that their affairs are put in order. The word will be a synonym for this. A person's goods are to be completed more and more, so that one day he will have something complete for himself. This manifests happy circumstances for life, so that one does not have to stumble in one's existence for no reason.

Let us simply acknowledge that what we have is good because things have gone properly and correctly. That is where our strength should come into play and be free of unnecessary distractions. In this way, it will serve our cause to a large extent.

Ultimately, we recognize a person's spirit by the fact that he has adopted a view of the given and stands up for himself.

Documentation

Three forces, four paths

I can say with some joy that I have set up something for my own powers that does justice to a condition of my existence. I first introduced three changes of state and assumed them to be a force based on their effect.

A release of the currently effective moment.

A pulling towards me of the focused part of my body. A resting in a resting position. (pause)

I then looked at a corresponding construct and adjusted its energy content. I would like to be able to initiate this. For this reason, in the temporal structure of the transformation, I considered the resting in a rest position to be present twice. I was thus able to form a circle from individual sections.

A release of the currently effective torque.

Resting in a resting position. (pause)

A pulling towards me of the focused part of my body. A resting in a resting position. (pause)

This path can be repeated several times. That's what he should do with us.

Thought

Being and appearance

It was certainly true that other people also meant something to us. We are not the only ones who have taken precedence over them. But so much happens in the world. Who has any control over that?

Some people bet on a wooden horse when they went to the races. We felt sorry for him. But how can you dissuade someone from their false convictions? - What is to be won in a game of chance has not been honestly earned. Many have made a loss by gambling with their luck. Nevertheless, there are those who do this every day. Again, they do it knowing better. They trample their own fate underfoot. Fortuna would not like what is happening. We can confidently accept that.

Documentation

A trivial process

There would not be just a few things to say about meditation. There will probably be as many ways to do it as there are stars in the sky and grains of sand on the earth. However, it would not be the specific words of us that would determine what the meditator should set up for himself. Everything here can be read, but then it is a matter of

to distance yourself from it and be with yourself. You have already taken a step along the way.

Such a path should lead to insight into what is happening to us. We do not want to have meditated without such a reason. We should not fall into contemplation while dealing with ourselves, because this will certainly lead to a loss of strength on our part. This would be unacceptable in the long term. That is why we are now creating a barrier for the matter and not crossing that threshold. Thanks to this passive resistance to evil brooding, we have already received protection from it.

All we have done is follow these words. Now we can continue on our way.

What do we look at first? - Oh, we should assume that it is the words with us that have mapped out the path we can walk. Such words manifest vistas and insights and give our minds many an opportunity to confirm themselves. It should be clear that the outlooks have led to paths, while the insights are allowed to take place in clarity. In such a meaningful way we standardize our words and train ourselves to consider them true to their true content. We will then soon become aware of the facts that go hand in hand with this.

Some people may find it unusual to hear what has just been said here. This is due to the very thing that has been discussed here. A meditation will basically be a simple process that can happen to us every day, but there is no consensus on what constitutes one. There is also little order in the confusion of opinions. This is what makes up our everyday life, which is conditioned by our environment. Nevertheless, we must be able to maintain our path and our own work. The author Schneider has set himself the task of shaping language and writing down some things. He produces the simple writings in his own style so that he can access them whenever he wants to. With their help, he sifts through his own thoughts and saves the insights he finds for a moment of introspection. His texts thus refer to something he has experienced himself. At the very least, they are to be understood as images of his world of thoughts and ideas. Sometimes, with their help, he also creates those labyrinths of his own thinking that have opened up further inner spaces. He also occasionally sets about revising and weighting what he has found with words. He considers such a process to be a cultivation of his assets. After all, all sorts of things have already resulted for him.

The author goes into himself and reflects on his own goodness. Meanwhile, he recognizes a reflection of the momentary as an inner impulse in man. Such an impulse has thus gained relevance for a conception of the given. Something like this now occurs and has thus also been addressed. You can take it up or leave it as you like. In both cases, a moment will have passed afterwards. We should be aware of this. It will only happen again as soon as we have put the necessary things in place. It shouldn't have been magic what we did.

It should be Schneider's intention as a language designer that he follows the valid way of representing the given. He forms his words in the same way. In this way, he plucks those fruits of the spirit and assembles them into something whole by means of his own texts.

Schneider really wants to write down his concerns about the given by means of his 'thought protocols' and thus be able to document what he has for himself. To this end, he works according to his interests. His 'free-writing hours' have given him the space he needs for this and the individual wikis in the 'construction kit' have given him the necessary framework. In this way, he can put forward his view of the given and suggest it to you for your own orientation. What has already come about thanks to this has not been insignificant for his existence. So far, he has been able to preserve many things that do justice to a good human nature.

Documentation

Commitment to the given

Meditation, with its variety of paths and possibilities, is what can be discussed in a general way, but can only be practiced in a specific way. A multitude of paths leads to an actual nothingness. Only the currently valid path will be the right one for us. It is a suitable continuation of the given and therefore fits in conclusively with the events of our existence. How would we like to determine what needs to be done now? - True to this question, we examine our own good. What feeling has been given to us and how does it affect us? Is now a good opportunity to reflect and organize our thoughts? Do we have nothing else to do that is more urgent than this? - This is how we deal with it. We look for a meaningful answer to our questions in a timely manner.

The tasks that life has in store for us are based on external characteristics. But inner moments should also be taken into account when we do our part. As others are the beneficiaries of our actions, we should also make sure that what we do is not wrong for us. We would like to reflect on this.

Everything has its lowest point where we have fixed it for ourselves. That is where we have fixed it for the whole. Let's look at our current situation as being in need of improvement.

Let's look at what we have and recognize it as our starting point for our own efforts.

To do this, let's look at our existence as it occurs. Let us recognize our references. Perhaps we thought that the perception of inner impulses would not help us any further. It will still be the case that we have known nothing else in our lives. Would we like to follow one of the arbitrary paths? - Although our impulses were probably no better than our own knowledge of the natural conditions, these emanations did result from us. They are connected to us and release our powers. That is why they are directly connected to our lives. Let us simply refer to what is our own.

What higher power do we possess than this? What else should bring us closer to the order of things in events? - The given stems from our aliveness. This is how we perceive it. For this reason, we have recognized the feeling we have as the true source of our happiness. We give our own thoughts space and make them strong. Let it appear as it is.

All a person's wisdom and strength no longer go far when they have already given up. Some people have overreached themselves for no reason and seen this as their real failure. We are therefore well advised to let such things go. Let us therefore pay more attention to our own impulses and detach ourselves from all strange determination by other companions. Their shadiness is a horror for us. Then we shall be well with this life.

Documentation

The focus and its characteristic

We humans only have one focus. That must be enough for us. To be able to use it, we have to use it. To do this, we need to distance ourselves from the given. Everything has a certain depth before us. It is a simple characteristic of nature. However, it does not deserve any special emphasis. We would not need to speak of it in order to experience it.

We look at the given and feel how it makes us feel. The one and the other have appeared without us being able to know whether they have caused each other.

Some have believed this. Others have seen it as a deception. We don't want to specify what was true.

Such disunity among other people is tantamount to a melting pot. We should not get into this. So let's make this our first point. That would be a marker from which we can demonstrate progress in the future. Our objective should be to get by. We can leave it as it is. Anything other than abstention would be impossible for this cause. That is why we recognize it as a threshold that we should not cross. Such a threshold is therefore not a characteristic of us, but will be an indication of how we should behave. Under no circumstances will we be able to solve the problem of mediating the contentious issue permanently for others. At any time, people may again find themselves in disagreement with each other over issues that have caused them stomach ache. At times, they will then set their minds on resolving imponderable matters, which will be senseless. This could be interpreted as a senseless trial of strength. However, in such circumstances, no one has ever won anything by getting too deeply involved in the discussions.

Our own words should merely be the accessories of our lives. We want to make valid statements about our existence, but we have not given them excessive weight. We wouldn't need to say much to other people. But it wouldn't be a bad thing if we did say one thing or another in order to convey it.

It should be a substantial part of the given that we have said something about what is important to us. It should be something that corresponds to what determines us. We also have a certain authority for our lives. This will be particularly clear in the case of things that have stood for us. This is precisely why we take care of ourselves in order to do justice to our own cause. Then, when we speak of ourselves

we always limit what we say to the essentials. Nobody needs to know more than that from us.

Impulse

The fantasy

Man's love of the fantastic is said to be a beautiful thing. With its help, he can walk through entire worlds without moving from the spot. He can internalize certain events without being physically present there. His imagination has endowed him with spiritual power. He still urgently needs it for his life. Because of it, he can understand so much that is important for his existence as a human being. In doing so, he can realize himself because he behaves according to his nature.

With the help of his imagination, he has recognized many a truth and also realized that it is given as it seems to him. Finally, he can even imagine something in an intense way because of his own talent for it. He then experiences its inner luminosity and can imagine what he has seen true to his own imagination.

Meanwhile, it should not have mattered much what we thought it was. Every skill of a person should be evaluated in such a way that it is rightly applied by him. Let us not have any unfounded fear of the peculiarities of our spirit. It only shows us what is meant for us. Just because something like this has not been confirmed by other people as an empirical value does not necessarily mean that what we have imagined is wrong. Let us learn to trust the given that is inherent in us. What is known to us is what we justifiably apply. In this way, we can finally come to act in a just way towards ourselves.

Everyone has something that they need and also use for themselves. We should succeed at something. This is how we determine whether we are doing well. People should also have certain rules that can show us the way. We like to refer to them. Things appear before us and provide us with previously unimagined opportunities to determine our own condition. We sift through our own inner world.

To do this, we flood them with our imagination.

Sometimes we also withdraw from such intense experiences. That is true, of course. In doing so, we follow the course of events as they have justifiably arisen. In this way, we walk on the path of experiencing the inner light and find a living human existence within us.

A certain sense of reality will strengthen our ability to do so. This is where we establish what determines us. A reality underlies human existence and determines how we fare. Life has not been free of compulsion.

The whole thing should be something that we have, are and do. That's how it works. What has happened has not always been favorable for us. At times, existence has been nothing other than the moment of allowing the given, the acceptance of impulses, forces and moments is imposed on us. In this way, our characteristics are formed and give us our own shape.

All emanation of the spirit is brought about in such a way that what has already occurred is allowed to take effect. This happens of its own accord or the result would be falsified. Then

The success that has occurred is also true if we have accepted things as they appeared.

Impulse

To do yoga without imagination would be as audacious as practicing faith without hope. It is better to realize that one order of magnitude also required the other. Everything happened at the same time. Nothing should be missing.

Documentation

A remnant of chaos

Strictly speaking, the essence of nature should be one that strives from chaos to order.

Moving from order to chaos, on the other hand, would not be easy. This would require a permanent increase in the energetic components, which would not be possible.

Such behavior would contradict the laws of thermodynamics.

Accordingly, the nature of man is one that orders things. In doing so, he experiences progress in life because he submits to nature's instructions. There is no need to learn the principles of order. Nor do they have to be achieved. Something like this arises of its own accord because everything that is true exists. This is supposed to be a favorable state that brings with it equally favorable transformations of the given. Analogous to nature, the activity of a human being takes place who is committed to maintaining the given. This will be one of the creative elements of creation, that man brings forth his work from himself by conforming to it.

Prosperity comes about of its own accord or everything has been nothing. Our own works should reflect what we have already understood in this existence. Their principle of production should also still be recognizable in them. In this way, what we have created can be understood as something true. The world should emanate nothing other than the stability of its inner principles of action, i.e. their validity. None of it could fall apart unless it was intended to do so.

A certain amount of promotion should be important for our existence. No one should put themselves in danger or do something bad without need. The good state of ourselves should be preserved. Every single one of us is human. There are many things that go hand in hand with this.

Everything has similar and also equivalent properties, which is in accordance with the order. So here too, when a potential is released, it can set something in motion that also wants to resonate. This initiates an act of transformation.

What is inherent in nature as a power to transform the given would be nothing other than its occurrence. The principle of order is one that will be found. Nature puts everything in order and in turn brings itself into play where it is needed. Sparks of light soon appear, everything becomes visible. There is a spraying of it. It finally appears as it is.

This means that everything that appears in the world is affected.



Documentation

The spectrum of own frequencies

People are alive and benefit from the fact that this is the case. They experience their existence with joy. In doing so, he realizes many things about himself that are now known to him. In addition to those things that have become clear to him because he has realized who he is, there are also many things that he has not assigned. He inevitably disregards what it is all about. In doing so, he leaves it to the unconscious part of his consciousness to find a regulation that enables him to cope. A person's safe haven will therefore be an active mind that is able to master such things. It contains both the conscious and the unconscious parts of a person.

The fact that we would not always be aware of the regulations that have been put in place should make it clear that a person has control circuits that are hardly ever observed by us, but which nevertheless exist. They are certainly also intended to protect our health, which they do adequately. We can and should assume this.

We believe in the acceptability of positive thoughts.

The given remains, provided we have not made it impossible for it to continue. Let us consider our part in it, which we have embodied, and put it in the right proportion to everything else. What wondrous events have already happened in our lives. Who created them, indeed, according to what model did such things come into being?

If we imagine the characteristics of the universal human being, then let us also equate ourselves with him. The power to sustain life should come from something living. Everything that is given for this purpose should be true.

We look within ourselves and enjoy who we are. There is something inherent in us that we can put to good use. Some good qualities come to light in us. The facts of our existence are confirmed in life through life. This is intended to bring about possible progress so that our existence will show a certain stability.

Let's simply embrace life. Let us perceive our history. Let us pay attention to the images we have created. It should be our heartfelt desire to see them. Let us allow something of such great value to come to us.

In this way, something has happened that will be true of its own accord.

Thought

We humans first have an inner image before we can understand things. An insight by means of recognizing the names of the given things in the pictorial space of a language has made something good possible for us. Little by little, they have been given a face.

Idea

A matrix of words

It would not be a matter of chance that a person would realize the fundamentals in their life. You have already moved towards it and achieved something. With every new opportunity, we recognize the given from a broader perspective. This completes our picture of what is given.

Over time, this has given us access to the true nature of the world. We realized that nature is beautiful and terrible at the same time.

Impulse

Use

Without giving ourselves the right amount of strength, we would not make any progress in life. This is where we realize what we have been given. We practise this.

Haven't we always done the best we could? - Our path is not an easy one and yet it has been good for something.

The good things we have stood for should continue to be valid. So we think about it and look for ways to preserve some of it.

Documentation

A fractal

Yoga is a belief in the higher power of a human being. Even if man's ability has been of a finite nature, he has always moved everything. We have recognized that. We walk the path of life in our own way.

Documentation

A thought about peace and probation

A person's actions not only occupy them, they also produce something they like. At best, that will be the case. He has created something through his own power that has a favorable effect. He experiences life in a precisely determined way that suits him.

A certain proportion of it is deliberately shaped by him, another proportion would be heard by him as an effect of what he has shaped. This is what makes his life rich.

In addition to the impact and the created, everything we do also has a framework. This framework exists for our entire life.

This should be the anchor point and therefore also the reference of the whole, what makes us who we are. This is where all the things that define us are located. This happens through the

own reference to it. We can perceive everything as it is because we have always referred to the same framework.

This frame represents a neutral aspect of our lives.

Language design

Tackling something with reflections

Thanks to an in-depth reflection on those things that are given to him, a person can see something that was actually already relevant to him before. This is when we look back. In doing so, we can recognize what has an effect on us in our existence.

Impulse

Being on the way

Every person has a being, their person. This essence becomes constant through habituation to the given. That is why we carry out our daily actions in an orderly manner.

Affirmation

Having a direction for life

Man moves from the concrete to the independent, from the ordered to the weighted, from freedom to obligation. He stands up for what he has done. This is how he preserves his good.

Intention

Leading a structured life

Without leaving a trace on the ground, we would not be able to live and be there. We are already conditioned by our mere existence, we come before and shape something. It should therefore be of good value to have cultivated and cared for what we have.

Documentation

Everything we have ever thought about has led us to an insight at some point.

Impulse

We have been looking for a scheme for evaluating the given. Such a scheme exists in the world through nature and its mode of appearance.

Documentation

Everything drops

If you want to take nature into account in your observations, you also have to perceive its silence. Everything has already happened and is true.

Thought

Of light and good

We should leave a person's physique alone. The true essence of a person should be 'formless'.

Everything we create has led to reactions. The substance is hard, its nature can be seen as a force. We humans have been shaped by something given. It should be good that we can let go of inscribing something into things.

We take a step back and be who we are. Little by little, we find ourselves.

Impulse

Man has already known his life. You have to talk to him to understand him.

Documentation

Happiness in life

Man has many things in his possession that he would like to do something good with. The work should be his own.

He wants to be active. He does what he is good at and accomplishes something that is needed by someone else.

Idea

Orientation

We should already be predisposed to focus on our own path in life as human beings. We bring something with us. We know that well.

Impulse

One star

Something that wants to be fundamentally good should be true and correct once viewed from every position. Threefold, the essence of things should be explained in a completely independent way. This is how something becomes known. The parts of what is represented should all be extensive. They have therefore been external characteristics of such a thing. In addition to this, the intensive magnitude is recorded. We can determine its catchment area. This should be my first approach to considering the facts of my life. The completion of this should take place in the work. With my own writings I carry out something of what I have thought.

What I do here need not be difficult at all. I would like to consider here what has already become known to me about my life during this existence.

This situation persists. This has provided me with some material that I can now examine and clarify.

I sometimes act as an observer. I don't want to intervene in the change of things, because everything will be what it is meant to be one day anyway. I hold on to the coherence of this idea. For me, it embodies something close to the ideal of untouched nature.

Step by step, man learns to preserve his works. Step by step, he has secured himself.

Everything finds its own way. Nothing would be lost in the world for no reason. What has had an effect has done so in the most favorable way imaginable. Everything occurs simultaneously and is interwoven. That is how it appears to us.

Impulse

Lessons

People learn something in order to train their own behavior. Improved behavior leads to an easy life. You can survive in the field and have little trouble standing up for your cause.

A lack of success has shown us something. This leads to certain lessons that have to do with what we have done. We deal with what we have realized.

Insight

Intermediate steps

Remember that pausing for a moment can give people some certainty. Careful handling of things can be a good thing for people in life.

be realized. It should be possible for something good to emerge from our hands. These things should become examples for us. We want to use them. In this way, we can already find orientation for ourselves.

Aphorism

An established culture

A culture of preserving what is given and the associated proving of oneself creates space for something good.

Nature, on the other hand, is to be understood as a structure of impulses that have not been preserved with us.

Thought

Meaning of light

What is a thing without an after-effect worth to us?

Thought

Hold still

Holding back a little should be the start of everything. Otherwise the pots will soon be overflowing. Then cooking a dish won't have been any fun.

Taking care of ourselves brings amazing things to light.

Impulse

Shivatman

Gestures, facial expressions and looks would not be what they are by chance. There is something about people that unites them.

Impulse

Illustration of an inner world

The imagery of our inner world serves us primarily for identification. What we wear on us, we also call up in ourselves.

Devotion and concerns

Affirmation

About happiness

Every word should be of value. Everything we humans have said should be usable. There would be nothing right about a person's illness. If you want to heal him, you have to trust in his own strength. If you want to enable them to recover, you have to walk this path together with them.

Idea

Interpretation of the interior and exegesis of the thoughts

To correspond to a person's independence means to accept him. Devotion and contemplation of the events of a person's life should equip them in their minds. He should be able to understand what defines him. His feelings are given the weight of an indicator of the effect of things.

This fact means so much to the author Schneider that he tries to build his own life on it. A state of mind that has been cleared of things that are too distant should strengthen people in their decision-making options. This is why people go into seclusion with themselves at times so that they can find themselves. He reflects on something that would not be contaminated with false or even wrong motives. Some things finally come back to him that will be good for him. Thus he can soon exist again in a benign way, as he has in truth been neither wrong nor wrong in himself. Every person has every right to value themselves and to stand by themselves in such a way that they are able to trust themselves.

Language design

Life as an act of participation

In the beginning there was the word. Then it passed away. We could not remember it in any other way than this. We would not know the word at that time, nor were we its originators. However, everything with us is based on what has already come into being. Everything that exists has come into being of its own accord as what it is today. That is what it has embodied.

Because everything we do is based on something that has already been created, we can hardly reject what is given without damaging our assets. So we take everything for granted and comfort each other with what we have for ourselves. It is the remaining good. Its value would not be insignificant.

We should be familiar with the meaning of things. We attribute a great deal of importance to our ability to comprehend things for our happiness in life. We can soon hear what this has meant for us. We experience the after-effects of what has happened, while everything that is emanated passes away. We also think about this. The peculiarity of the past is the key for us to understanding the cosmic structure that basically made up everything. Many things will soon become clear to us. We have recognized what we have looked at and seen. We will soon get to the bottom of things. The play of events follows fixed principles.

This allows us to draw conclusions about what must have been the case in earlier times. We only know fragments of the events of earlier times. However, we do know that the same laws applied then and now. A person's knowledge of nature and the cosmos continues to exist or has not existed.

The knowledge of order once received has always been consistent. We humans believe in one, even in the truth.

Some of our beliefs about ourselves have come from within. We have looked at this and familiarized ourselves with what it means for us.

We have stood by the preservation of order. Preserving the basis for our own existence was something necessary. Everything should continue to exist with us as it has already appeared. That is how it came into being, and that is why it should be allowed to exist as it is.

Nature continues to exist. With her, everything and nothing has been in union with each other. Thoughts and ideas have been like old friends to us. We knew most of them well.

Thought

Integration of the events

Man's belief in the good should be complete. We recognize that what has already been good may rightly be named. Man educates himself by maintaining his own world of thoughts and ideas. This aspect of his life should stabilize him.

Impulse

Experience

In order to be able to practise yoga sufficiently well as a European, you should have already learned and realized a lot about yourself. It would not be arbitrary what one must have already realized in order to be able to follow such a path. However, each adept can only determine exactly what this will be for themselves. No one will tell him. No one will make the necessary effort as well as you can.

Those who have recognized the consequences of their actions would not come away empty-handed. This will be the case from the outset if he has been prepared to abide by certain rules.

Rules of conduct can also be counted among such rules. There is an order that is imposed on us humans. It will be necessary to clarify this for ourselves.

We have said something about that. Once we have become accustomed to the structure of above and below, of everything and nothing, we may soon have the class to recognize the sun and moon as celestial bodies. These celestial bodies would not only play an important symbolic role in our existence. They also shape the reality of our lives.

One should already be prepared to devote a good part of one's life energy to meeting the given things that have appeared and occurred with care and sincerity.

What you can find out will be true. In doing so, you should give the aspects of your existence no more, but also no less space than will be necessary to clarify and clear them up. True to the principle that everything given is in truth of a benign nature, this is what one does at best.

Impulse

Anyone who approaches yoga according to the approaches known to him by practicing something that others may have shown or demonstrated to him before may also want to intervene in his psychophysical state and determine it. In order to create a certain equilibrium in their mood or to bring about a balancing of the forces currently at work for them, they may try to do this. One would like to achieve a balance for the stresses and strains of everyday life.

In the special lesson in which you rehearse the exercises, you achieve a great deal. But we should also let up. We want to let go of our own tension and relax.

Once a practitioner is able to engage well with themselves, they will also know how to detach themselves.

Diffuse stress has caused an imbalance in each of us at one time or another. An improvement in well-being should be easy to achieve.

We regenerate ourselves by fulfilling the tasks required for our own existence. We are happy to fulfill our duties.

Fantastic

A dream vision

The student of yoga, like everyone else, is convinced of his achievements. He has also seen his experience more in the light than in the shadows. But the world also knows the night.

Anyone who constantly admires the beauty of things during the day is sure to experience many a horror at night, because they belong together. Nature means that a person will have both in regular proportions. Let us not overdo it in trying to bring about a balance of such things.

A balance has not yet produced anything alive.

We practise devotion and meditation, perhaps also taking a temporary pose from the field of hatha yoga. In doing so, we should achieve a state of mind that can have a temporarily beneficial and refreshing effect on the human spirit. We want to build up and establish a certain ability to relax. A state in which we can regenerate ourselves by resting should be just for us. However, this has little to do with balancing.

You can also experience a certain calmness when walking. We have also succeeded in doing this when sitting or lying down. Even cycling can be fun in this way. You should take a quiet look at your surroundings or engage in introspection. In this way, you should develop something that determines your attitude to life.

Idea

Obstacles in everyday life

In order to achieve a good posture in a calm manner, you should acknowledge the posture you already have and stabilize yourself in it. In this way, you learn to prepare your own good in a sustainable way. As a result, we will probably soon succeed in something. We want to cope with what we are given.

There was a need to come to terms with the given. People should experience something that has confirmed them.

In order to ensure a certain satisfaction in life, one should recognize one's own goods as they are. We need to tackle the things associated with them and do them willingly. After that, we will want to enter certain phases of relaxation. All in all, we should follow a path on which something we have found good comes true.

Thought

Asserting oneself in the events of everyday life should be necessary for a meaningful life. We want to achieve such an existence. Happiness in life should be possible for us. This requires a good path. I have found this in the preservation of my possessions and have achieved something with them. Many a moment of introspection took place afterwards. I realized what I was responsible for. I assigned something to myself and found my way.

What comes from life in life has also been something that rightly exists. The thought of man emerges naturally in us, it is the result of our actions. At the same time, it has become our conviction and our motivation.

Impulse

The good

People hold something dear. Some peculiarities of our goods should simply be pointed out and named by us. In this way, something can be said about them, but also something can be clarified.

Anyone who professes such a thing is simply right to do so. He should come to terms with his thoughts and ideas.

There are quite a few basic goods. You have already done something right if you create a simple list of these things. Afterwards, we can visualize what we have attached importance to.

Equipped with such a key to something of immense importance for our lives, we are from then on. We now only need to go our own way. This is what we want to realize.

In the first step, we left everything as it was. This was not accompanied by any changes.

Instead of shifting or distorting anything, we have preceded all action with a collection and preserved it. We have cleared up what we realized in the process by allowing everything to remain as it was. Something fell away. As a result, the stable part of it remained. We did not lift up what was lying in the dust before us.

We have two high points here. On the one hand, there was a reason for everything, and on the other, we have a center of gravity that stands out. Even if the one is fundamentally fixed, the other is still oscillating.

Everything we are depends on this main motor of our movement. How we are and what we achieve also depends on it.

Impression

Man as a storyteller

Everyone has a story that they know best. It certainly has something about it that will be unique and worth telling. In order to gain a foothold within our own circles, it was important for us to tell our story. To do this, you test yourself in everyday life.

What you will experience should be more than just a reflection from us. People listen and devote themselves to us. That moves us.

Documentation

For your information

People are expected to know something appropriate to say. Those who have lacked examples will probably also lack suitable words. He can neither understand nor realize what has caused him and why it will be so.

Once someone has not had their say for a long time, this will hardly have improved their situation. They are then forced to tread water because they have not contributed.

Let's evaluate our life situation. What questions have we asked ourselves? - Let's deal with them in silence.

Once we have found something that is worth addressing with our fellow human beings, then we should do so.

Then things take a turn for the better. We want to share what has depressed us and talk about what makes us happy. Both should be suitable to be addressed.

Idea

The story of a human being

Everyone has experienced something significant at some point, which may have shaped them. That is what makes up a person's existence. A person's history consists of a sum of things as they know them. He can speak well of what has happened to him because it has an intrinsic value. He should be able to refer to the fact that such a value is in truth given. It should be part of a person's dignity that they experience the right to take themselves seriously enough. In this way, they can finally come to terms and achieve something for themselves.

People will also realize with some certainty that it is their right to speak of their existence. A person's goods should continue to exist.

Documentation

A deliberate restriction

A person will be able to keep his own things in complete order if they are sufficiently limited in scope. Everything that depends on him should be controlled by him. Only in this way will he be able to exist sufficiently with his things. He will strive to achieve a unity of what is given to him, so that it is comprehensible to him.

This will lead to some knowledge in humans. Such knowledge only needs to be transferred to the given in order to be able to use it. For this reason, Schneider has sometimes thought carefully about what has actually suited him well so far and can therefore continue to be accepted by him. He believes so strongly in the

He has now begun to conclude his own good as a cause. He has therefore now begun to conclude his own good as a matter. That way he will gain something from it one day. At least that is what he hopes.

Documentation

Personal responsibility

For me, the good I want to achieve in my existence is related to the question of what this good actually does or means for other people. I was so clueless about this for a long time, but I was looking for a way out. I didn't find out anything about people's true need, with the exception of the existence of the thing as an idea of mine. There has never been a need for such things, which I have already created, among other people. This is practically impossible to perceive, which has shaken me a little at times.

I have tried to get to know my things better over time and thus also to find out what will be suitable for me. But my ignorance of other people's needs has led me more and more into a state where I have become an 'art trash' activist. My own art thing should be a driving force for me, because I always find it to be a new path for me.

I gradually set myself apart more clearly from the vicissitudes of fate, as it happened to me personally, and reestablished something valuable in my home. When it was only partially realized, I already referred to the result of this as my base station or simply as my fund. Over the course of its existence, I have discovered how I am able to strengthen, stabilize and support myself. Even if I don't recognize any actual system of order in the society surrounding me, I still achieve many things in my work as a writer that will be good for me. I would like to be able to show another person that reason, such as mine, with words and images, i.e. works. But it will first have to be seen whether this is at all feasible. The last word on the matter has not yet been spoken. Basically, my works need to be properly explained, perhaps because of their unique position. It has been a strain for me to do this, especially when people have not listened to me properly. I am trying to get to the heart of the matter. At some point, but soon, I should be able to do this conclusively.

At times, such considerations have led me to examine my works for contamination, which simply occurs in a person's life through transmission. Again and again, I take a close look at what is happening and examine in detail what it is like and what constitutes it. I want to recognize the value of my own things and stand with them. To do this, I need to focus on the whole. It will be what makes the given distinguishable, but also assignable. What has occurred to me is not only something I have to endure, it will also be my entire share of the world that strives for realization. I am entitled to this, just as I am entitled to sort out my share of the given. That's why I put some things away and let them go, because they didn't really suit me.

I weigh up my actual thoughts and ideas as they happen in everyday life. What was not justified by me did not suit me and was therefore not a part of me. So I let it go. I wouldn't want to cultivate something like that. I couldn't use the temporary dominance of some people within my existence on a permanent basis. I have sometimes identified this as the cause of some of the ills I have experienced.

I try to limit my work to a sequence of thoughts and ideas that suit me. I don't leave out any argument if it seems coherent to me. I consider each of them individually, so they should be allowed to stand on their own. I understand thoughts and ideas as phenomena of human activity. They complement each other so well, and rightly so, because that will be something possible. This should correspond to the laws of order.

I want the argument to become a tool with which I can cultivate the intellectual substance. For this reason, my works should flourish. Foreign parts and my own parts grow equally in my environment. The world belongs to no one alone. No one can claim everything for themselves or even see themselves as the only center of it. No one will be so self-sufficient that they won't want to participate in something that others possess or embody for themselves. That will be a good thing, as it happens to us. So let's enter into an exchange with our fellow human beings as soon as possible.

Idea

On the matter of truth

Enjoy going home. Go to yourself, be at home there. Being with yourself doesn't always have to mean being on your own. You should win some friends for your cause and yourself. Invite your friends to your home and show them your simple house. Send your friends away again so that they can also achieve something that you want them to achieve so well. A change of things is the purpose of change. Let that take place. Wealth is likely to be found in abundance among those who may have been considered poor by others. No one becomes rich through honesty, but it does bring some happiness to some. It represents a real value of human existence.

Impulse

Renunciation as a path

Renunciation would be a path that would not lead anywhere, but would initiate a transformation of a person's own habitus because it is experienced intensively by them. Renunciation would not only be a temporary renunciation of something specific that is urgently needed. It would even be the renunciation of something that is intended to be permanent. Renunciation in itself would be the renunciant's happiness if he is successful in doing so. This is his strength, because it proves that

what he depends on and how he overcomes this dependence. He will experience a change in the conditions of his life. Thanks to such a transformation, a person will urgently recognize his own ability. Indeed, it is revealed to him as a clarity, because freedom from attachment and condition has always been so.

If one has achieved one's goals through all kinds of mortification, however, one will not yet experience happiness. The suppression of human needs in oneself and others is a true characteristic of man, but his life remains unfulfilled in this way. This is inevitable because he has denied his ego, which exists through needs, is attached to matter and, despite all freedom, has gladly entered into a single bond.

All moments of asceticism lead to such a realization, unless the person would not be consistent in carrying it out. What Gautama Buddha has previously pointed out should be outlined in this short section. The oppressive meditation of mortification torments and penetrates a person's ego to such an extent that one feels headless. However, a person without an ego, without a head, without needs must be someone who can hardly stay well with other people because his headlessness will be obvious. How is he supposed to stand up to them? - A denial of the mental context of a person's existence will drive him deeper into the forest. He will retreat until his innermost light is so bright that he will even be blind in himself. It should be useless and also unnecessary to let such horror come over him.

Therefore, it is better not to turn away from people, cling to your needs, have a head and keep your ego well. The self will thank us for doing the right thing.

Idea

Having a hard time

The right path for a person can rightly only be found within themselves. Everyone has to choose the way they are.

A person's sovereign right is based on their person. This determines him, because it defines him that he has existed and occurred.

Idea

Heroism and yoga

Have you ever met a Super Man in your life? Would you like to get to know him? Would you be happy if he told you how to get Super Puff or how to move faster than lightning? - If this applies to you, then you probably have similar expectations of yourself. But I can hardly know whether yoga will be a suitable discipline for you. But I would ask you to keep a questioning of it in mind, because its disciplines are sometimes difficult to achieve.

Well, what mysterious things will there be to learn in yoga? Are such talents as mind reading, levitation or telekinesis at all relevant for a human existence? What kinds of magic will have an enchanting effect once you use them? - No matter how mysteriously you say it, it would not change what is given to us. Some things are due to the freedom of the human imagination. You can make a mistake with such facts, which will go very wrong. I'm afraid I have to tell you that I think it's right to exclude such things from our lives. If such bragging seemed useful to us, then we would probably no longer be able to control ourselves. You would probably soon lose your own sense of purpose in life. What will an over-inflated lung be good for? - So let's better refrain from over-inflating ourselves.

Documentation

Adhere to higher principles

In yoga, it can be so good to recognize something of your own sublime thought structures. If this happens to you, I recommend that you don't let it confuse you. Our oh-so-ordered actions in the moment often reveal more truth about ourselves in such an inner vision. It would not always be easy for us to cope with this. But we should also not be unfoundedly afraid of accepting life as it will be.

Within an order of the structural parts of our actual thinking about the given, we probably do find our way around at times. Some things are in order with us and we try to secure a certain amount of them. That is where we are actually at home, where we do something. But it would not always be pleasing. This existence also brings with it its aberrations. You should use yoga for yourself in such a way that you continue to exist. It should not be used to put yourself in a state that you cannot control. It should be there for what is right, but it is not needed for anything else.

Taking something back in everyday life can allow us to strengthen ourselves. Some things should be conditioned by this, which seems to us to be beneficial for good health. Those who moderate themselves a little in the long term deserve such natural praise from people. Health, understood as a spontaneously occurring force, should be welcome here. However, it would not be possible to force such a force by will. So much that is certain can be jeopardized if we do so. Let us bear in mind that a person's will can also be misused.

Let's remember what makes us who we are. Let's relate the present moment to the conditions of existence and compare the thoughts that arise and appear. An inner imagery may arise for the first time. Let us simply assume that this is also possible for us. Whatever thoughts and ideas arise in us will have arisen of their own accord. So it will be true that it is given.

Documentation

Virtue

If a person's quality is discussed in our presence, we have to address the right thing. There should already be something true about what we have looked at.

So we are talking about this existence. That can mean many things. Let's put ourselves in the right light. Let's admit to our fellow human beings that they have something important to say. But let's also let them hear something from us.

Impulse

Dependence, freedom and detachment

The designer should create something edifying so that his creations can be put to good use. That is where he begins to create his things. He starts with a frame, which will be properly recognizable as the 'construct'. Everything about it should be fixed and connected. Only known means are available to him for this. He can use these. Something is created thanks to the construction of these things. The result of this should be the true starting point for his current work. Starting from such a framework, the artist will carry out his experiments in order to create a work based on it. What can be created in the process is what he has brought about.

From now on, such a framework will be provided for Schneider's cause. With the help of the 'construction kit', something can be set up by him. It will certainly be possible to free up the design of your own property.

Idea

Stick to something

I wouldn't be able to say what constitutes thinking in another person. For me, at any rate, it is a common circumstance that I remember my thoughts and recognize their occurrence for myself. That is how I accept them. I can recognize them at times. I have evaluated ordinary thinking, as it has arisen in me, as something that is given to me. Such a state of affairs does me justice. The thoughts seem to belong, at least in part, to my own feelings.

Thought

Enlightenment

Is it possible, without possessing a certain form of inner imagery, to make someone else understand how they should understand something like enlightenment? Shouldn't we make it easy for ourselves and point out what needs to be set up so that it becomes sufficiently clear? - Word and image, sound and writing are memorable when they have appeared. Then we can orient ourselves by them. To do this, we should write something down or record it so that it can finally be perceived.

Well, being the well-read person that I am, I have heard a few thoughts and ideas from other people about what constitutes enlightenment. I would like to reproduce one particularly beautiful word from my memory here in an approximate way. It comes from the wife of a very good friend.

Enlightenment would be a subtle experience of one's own feeling, which one has if one has achieved something with a certain degree of success in the service of another person.

Language design

Disasters and jugglery

Splash, splash, the water is wet. Yes, it's raining. Wow, yikes, the wind is cooling what was previously wet. It blows away the water, which makes us freeze because it has cooled us down. When the sun shines, we are finally warm again. If it gets too much for us, we look for a place in the shade. There we feel safe and protected from the effects of the climate. But if we are deprived of the climate for too long, we become lazy. Then what nobody really wants to see comes to light. Our faces will then become pale and dull. Taking it easy won't do us any good in the long run. We finally have to go out and experience something again. It's so great there. What we haven't already experienced. There have even been downpours at times. Splash, splash, the water is wet...

Thought

Changeable events

If you have been working hard to achieve your goal for a long time, you may eventually tire and not be able to do any more for this cause than you already have. Then he probably throws in the towel and prefers to fail rather than continue to strive in vain for something so pointless. What is he supposed to gain from it, since it hasn't led to anything suitable for him?

Evil acts like a pull on us. It weakens us. All passion leaves us and we sink into lost darkness. Time and again, we tackle our own downfall in life and try to free ourselves from it again, because otherwise we will fail.

We want to improve our existence soon. Sometimes we have even acquired some goods for ourselves. We know something well. Only those who have stood up a second time to achieve their goal will be able to assert the meaning of it so that it happens.

Idea

Outside, the wind is blowing around the house. You shouldn't be stupid. Keep what was once young and strong going. Even if the shutters rattle, it's still your house. It stands firm and defies its surroundings. It should continue to offer you protection. Preserve it for yourself.

Thought

Talk to friends

There is no more important topic than life. Anyone who has talked about it with friends will share it with them. Then they will have to make a decision. Those who want to put everything behind them can leave. Those who want to stay should participate.

Reference and synchronization

Documentation

A process

Experience the center and being with yourself.

Front, right, left, bottom, top, the handles are connected in series and vary. We want to find our way back to the center. Then the conclusion takes place.

Thought

Uniqueness

The cosmos would have to be understood in an irregularly timed way. Everything follows a general principle of unfolding. Something must first have accumulated locally before a corresponding phenomenon can occur.

Impulse

Confession

Everyone has their own way of communicating something.

Mathias Schneider collected his thoughts and ideas for many years before removing the rotten parts of them. The clear-cutting of his writings was sometimes necessary. What he wrote down had a tendency to weigh him down.

Mathias Schneider understood a straight path to mean a path without detours. Everything follows one another directly. True to this guideline, he has now combed through some of his writings and cleared them of garbage.

Once a good light falls on his work, he can also clearly see what it is suitable for. Then it would not be very difficult to separate the wheat from the chaff.

Thought

The image of a vision

People have a single state of being that defines them as a whole. He perceives the inner image of himself in line with this.

Thought

Normality

I associate what I have already correctly recognized with my knowledge. I believe that something good in our lives can unleash happiness.

Thought

I call a person's ability to do or not do something as they please their freedom. It is given by the freedom of his actions. Freedom has always appeared limited because all people participate in it in the same way. We have called the resulting structure order. Thanks to it, man can recognize his duties.

Impulse

I did what I could to assert myself in my life.

Thought

Say a lot, but talk little.

The phenomena of nature also include transformations of energy types. Many phenomena of this world are already attuned. We have encountered them in this state. Calmness prevails.

As humans, we are exposed to different orders of magnitude. We need to stabilize ourselves. We therefore bring everything back to our center. We have accepted everything as it happened. We have not distorted any of it.

Starting from that moment of silence, we quickly found clear thoughts.

The path we take should be fair to us. We have understood life as a task for which the corresponding lessons arise of their own accord.

Good things come from good things. A person's existence already brings all of this with it. An important question should therefore be whether we are already involved in this.

As human beings, we can accept, keep or pass on something good. It should not matter which path we have chosen. Nothing is lost.

Phenomenal

Stabilization

Everything in the world strives to release surplus energy to its surroundings. Therefore, the state in which this release has already taken place should be described as stable.

Impulse

If you turn everything upside down, you shouldn't be surprised if your plans fail.

Thought

One type of energy is constantly on the way to its spontaneous transformation into another type of energy.

Thought

There is no sensible alternative to human health. People want to be healthy.

Documentation**Chains**

Relationships between people are like snowflakes, so precious and unique.

Thought

Man rightly assigns the principle of a descent to the given and finds an applicable scheme for his own actions.

If you want to achieve something good, you have to do something about it.

Impulse

A person's action should embody a contribution, but also lead to the revitalization of that person's powers.

Idea**Form before strength**

We approach our own existence. We know that a balance will be sufficient to master human existence.

Impulse

The larger is able to restrain the smaller, but the smaller is able to complement the larger.

Idea

People carry an image with which they can identify.

Order**A seedling**

Something that is true may also be named by us. A person's story will be told with perfect justice. A memory of his life will be preserved.

Thought

What exists also exists. It was already there before, it will still exist afterwards. Thus, what we have already known will continue to exist.

Thought**From simple work**

Adopting a simple basic attitude should be the starting point from which we want to achieve everything we have to do.

Idea

What has happened has always come from a single person.

Thought

Anyone who is self-respecting looks for a task in life that they can fulfill.

Thought

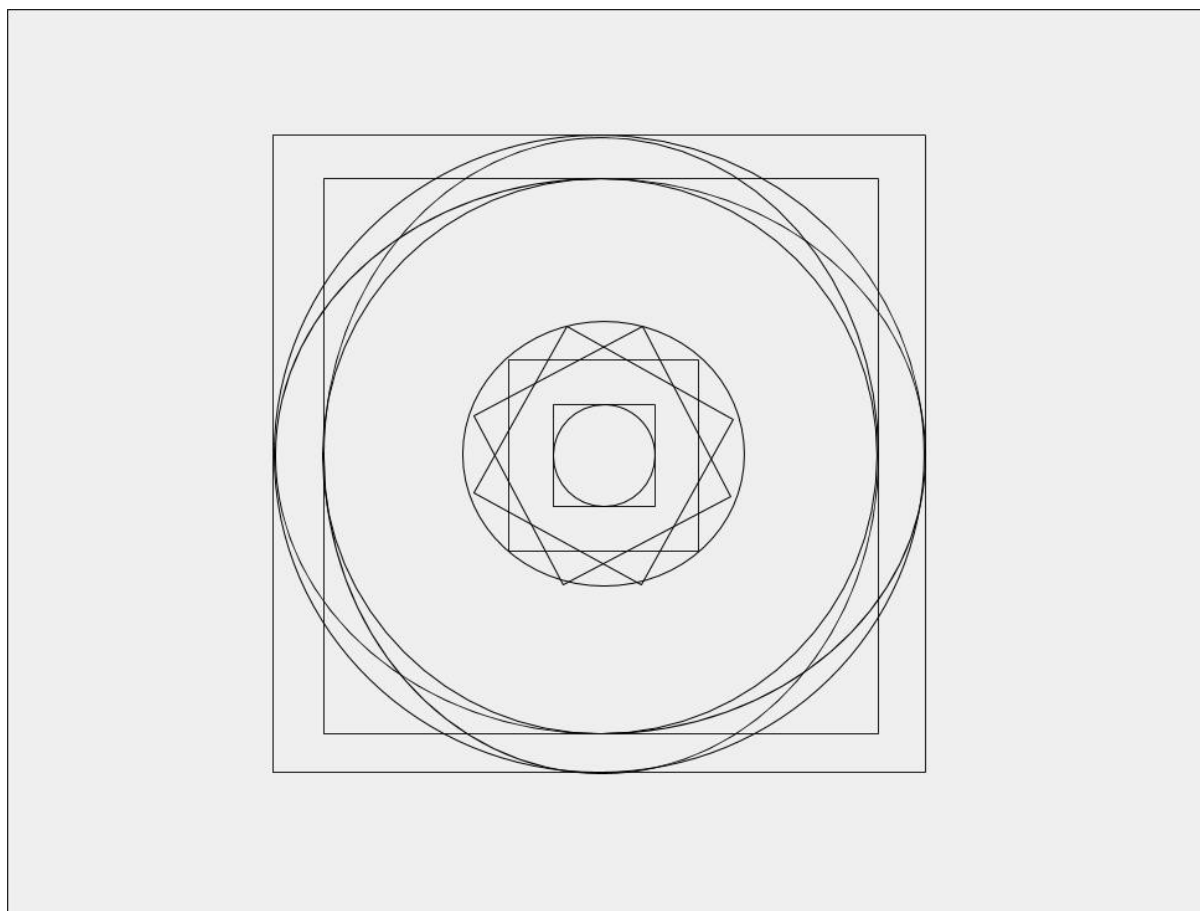
While working with the materials in my workshop, I came into contact with things that I like.

Thought**Don't search, find**

I would like to submit the following thought for consideration and hope for positive feedback. Assuming that everything has a reference that points to something absolute, I would like to ask the following question: Are we humans allowed to examine the trace to the absolute and take it into account in our works?

Meanwhile, I saw the confirmation of the existent as taking up the trail that leads via the trace to the absolute.

I was the kind of skeptic who chained skepticism so that it wouldn't suffocate the germ of thought in its first stages.



Own frequencies

Thought

The analytical differentiation of a person's states ensures that we can examine them separately. We soon realize that there is an area of elastic shaping, but also an area of plastic changes in humans.

All changes in its condition can move back to their original position as long as no plastic change has occurred in the person.

There is also an area of a person's physical appearance in which their form of movement is controlled. I would like to consider this area to be the harmonious area of his ability to move.

In addition, there are areas of movement that have a changing effect on people but cannot be controlled by them. The effects on them have a random character and can hardly be controlled.

A movement school must therefore aim above all to give people an understanding of the harmonious range of their movement. Moving backwards into a person's basic state gives them the potential to recover and is therefore essential for them.

Documentation

The idea of life

Due to the premature decline of my vital forces, I did not find a good starting point in my life.

To this day, it is not possible to clearly determine what skills I have lost. But I have reacquired a certain amount of these skills.

Documentation

A principle

If you want to train people, you have to teach them that they have to align themselves in the same way as their teacher.

Thought

A base of the human being

The primary thing a person has to learn in life is to maintain balance. Without it, they will fall and injure themselves.

It is important to understand what balance is. It embodies a burdened state that is nevertheless balanced. I understand this balance as emptiness. No impulse for movement emanates from it.

Documentation

The show of your own frequencies

What my own frequencies are for me would not be easy for me to explain using language.

This topic is somewhat difficult to convey.

Basically, this should refer to those forms of movement that have just suited us. Such forms would have no practical detrimental effect on us. Those who perform them return to their basic posture or perform a movement rhythmically true to its natural sequence.

Impulse

The plow

I want to occupy the basic state. I want to feel the emptiness in myself.

I want to be with me.

That brought me full circle.

Thought

When I believe something, I don't need any other reason to accept it. What means something to us humans in existence should also be true.

Thought

Posture

I want to use the current position of my body to come closer to my goal. That is why I am gathering myself in precisely this position.

Idea

Power to live

In order to maintain my own capacity, I always go whole ways and do whole things whenever possible.

Thought

What has happened in our lives represents the truth that we can refer to.

Grid

A reception of your own frequencies

You should choose an approach for yourself that you want to follow in life.

People should cleanse themselves regularly and bring their things into a suitable condition. One should free oneself from all excess desire by giving each part of oneself an equal amount of attention.

In order to prepare yourself for receiving your own frequencies, you can use utensils that bring you closer to their essence. These objects should be simple and easily distinguishable from us.

Objects that Mathias Schneider uses to train the receptive capacity of an inner resonance are now listed below.

For the grip of the hands

Fruit, stones, coins, pencils, brushes, wooden beams, wooden sticks, a heavy pendulum, strings with knots, strings of beads made of wood, glass and seeds, sharp objects

For standing and walking feet

a beam for balancing, a spinning top for balancing, a ball

For the mobility of the eyes

Stamps, sculptures, paintings, drawings, yantras, mandalas, images of people, animals and plants, images of structures (mountains, lakes, deserts, landscapes)

For motor skills and coordination

Musical instruments, such as guitar, rattles, flute, drum; singing, walking, swimming, dancing, writing (by hand), playing, painting, drawing

For your own stamina

long walks, prolonged resting in an aligned posture, reading books, speaking mantras or chanting with the aid of a mala

For a good memory

Chess, various typesetting boxes with letters and numbers, writing, math, catalogs, research, conversations, calendar, clock, mindfulness

For your own voice

Reading aloud, singing, divinations, experiencing silence, silence, contemplation, playing the didgeridoo

For the mind

Carry out regular work when receiving your own resonance.

The author has been on this path since 2004 and it is still ongoing for him.

You don't need to enrich these exercises with the meaning of physical laws, because you can feel what you are holding in your hands and how you are moving.

Thought**Concentration and demarcation**

Anyone wishing to carry out a task must recognize its principle and adhere to it in the way it was intended.

Thought

The way a word is used testifies to the meaning of a statement.

Thought

Finiteness

Everything that appears can only do so because of its natural properties. That would be the determination of the whole, which occurs through it. It leads to an unambiguity of things.

Idea

Inner resonances

The swinging pendulum is supposed to be an example of a body in motion. But everything has moved. The string of such a pendulum has also experienced its forces.

Impulse

Tension

Body tension - a bow is formed. The bowstring grips both ends. It pulls everything together strongly so that the wood deforms.

Thought

Recalling the terms in my writings should get me used to using them in a fundamentally correct way.

Documentation

Physical manifestations

After careful consideration of the phenomenon of resonance, I would like to give a few clues as to what constitutes its nature.

I assume the following three basic forms for resonance:

The linear appearance The planar appearance

The punctiform, pulsating appearance

I would like to discuss these three types of resonance separately at some point. In nature, however, they have always occurred in combination and therefore occur together.

In addition to a material that is in resonance, there are often also connections to surrounding bodies that exhibit a different behavior in themselves. This reduces the free development of a resonance by a certain amount.

Your own frequency is an impulse for action that exists for the moment. It has a clear beginning. At some point, this also results in an equally clearly definable end to this phenomenon.

Knowledge of their inner mobility is necessary for the guarding, observation and reception of things.

Thought

Let's get used to accepting something as it is.

Documentation

A spectral order

Every event has its beginning and its end. We deduce what has happened from observing the phenomena. Everything has its chronology. Some things occur simultaneously. Others, on the other hand, have a clear predecessor that precedes the occurrence of an event.

Fruits

Thought

Everyone wants to be understood by their fellow human beings. Everything we have already done has also had an impact on how we are received by those around us.

Impulse

Keep your hands with you or free them if you want to do some work. Keep with you what is within you. You will need it for yourself.

Thought

You shouldn't look at the sun. Anyone who has looked at it may go blind.

Documentation

Eking out an idle existence

The opposite of right is wrong.

Some people have already accused me of doing things that are basically pointless. They have mainly done this when my situation has not gone well for me. They have advised me and told me that I need to make fundamental changes to my lifestyle.

I heard the behavior of these people and got annoyed. I didn't give them the right to judge me just like that. Everything I have experienced in my life so far has been beneficial at some point. Sometimes it has taken years for me to see my own successes. However, my perseverance was something that the people who gave me advice were not aware of. At least they didn't think I was any good. That was very hurtful for me. I spent my life on the 'waiting bench' for no reason. In the meantime, a large part of my life has passed. The advisors have been richly rewarded for their efforts. Their words have gained status and validity, even though they were wrong. No one has bothered to check such things. None of it has been verified. So these people have continued their tea parties and composed new songs about people like me.

None of them had anything to do with my life situation. That's why I switched to defense mode. As a result, my downhill slide increased. Life and the existence associated with it seemed increasingly difficult. The whole thing culminated in a fiasco. But nothing has improved as a result of a number of poor treatments.

Everything I've achieved, I've done entirely under my own steam. I can quite rightly say that because it has been my life that I have led.

Anyone who has permanently refused support from others will eventually no longer receive any. I knew that and paused. I struggled with many a difficulty when I realized that I would completely lose my happiness in life without support from outsiders.

However, anyone who is permanently treated as a fifth wheel can fall off the wagon without this necessarily causing anyone to change their behavior. People stoically pursued their goals and ground me down. I put up with that for quite a while. At some point, however, I used the rest of my day to stand up to it.

Using the goods that were available to me, I created something that resembled a work of art. I have tried to show those around me what I am capable of achieving. In doing so, I have created something despite the long period of idleness in my life. The fact that what I have achieved has not been seen speaks its own language in my life. What I have created has by no means been recognized.

When they finally tried to weed me out, I really stood up to them. I had to put all my eggs in this basket because there was no other option.

At this point, my existence already had its well-rehearsed routines. I didn't always understand in advance what I would be able to do, but I had accomplished something.

By means of those cultural assets that I had collected and saved from the garbage can, I continued my studies and transformed them into a study of life, which has been extremely fruitful in my eyes. The whole thing has been impressive for me and I have made much of it come true.

I have found nothing wrong with accepting the given. The fact that I named what was important to me has in turn led me on a good path in my existence.

Thought

My lyrics and songs, my poems and aphorisms do not just reflect my own experiences. They are also based on everything else that has happened to me in life.

Poem

In the night of the soul

Healthy is the fire, healthy is its light.

I'm sitting in the shade and yet I don't want to give up focusing my thoughts on happiness for life.

Everything is dear to me. This is something that has promised me hope. So I have understood something correctly and would like to acknowledge it, as it was with me. That's when the tide turns.

That's how it appeared, that's true.

I found all the other people's requests strange because they didn't leave anything.

Your thoughts are by no means clear to me.

They sometimes have gloomy expressions and cause further damage.

I was quite right to think of something good. Some people laughed out loud about it.

Some of them even spun.

In the meantime, my dreams have passed, my hopes have faded. Like the suns of the world, the people before me appeared radiant and shone brightly on me.

I really like having a moon. It should show itself to me soon.

He is not far away in the distance and has a beautiful shimmer to it.

What should a light like the brilliance of the sun mean to me if it is so devastating to waste my eyes on it?

I soon gave up and found my true meaning. I surrender to my love.

Something like that would not seem wise to someone else. Meanwhile, I have to deny his speech.

I sought my happiness and not his for myself. For this reason, some people have almost cursed me.

Thought

Happiness

The feeling confirms the basic mood of us humans. It is the key to our truth. Those who are true to themselves will achieve stability.

Let us simply grant each other this peace. Man would not be condemned for his nature. The opposite is the case. Let us welcome people as they are and accept the fact that they exist. Let the good things also endure.

Thought

The genesis

Spirit and space find their connection through substance.

What is given to man for a gift must also have an origin from which it emerged. The nature of things is discrete. Everything is already fulfilled.

So what should we think about other than our own gratitude for the good that results from this?

Life is lived forwards. The past lies ahead of us. It will be understood in time. You can only look in one direction. No one has ever been able to do more than commit themselves.

Something will be true, as it happened. That's what happened to us.

We want to be upright people. We have not seen everything. We have not clarified everything that has happened. That's how our things have become what they are today. But they also turned out well. Some of this has a sufficient hold on us.

Affirmation

Keeping an order

Special paths have often also been wrong.

Follow your own spirit with your being. It forms a unity with you. Let your thought be with him. What you have thought brings you into connection with him. It represents the essence of your life, who you are and what you want to be. Therefore, remain who you are. Be what you have become. That has already been enough to do something good for you.

Maintain this connection or re-establish it as you see fit. We then created an introspective that meant something to us. We have used it to ensure that we know how to implement what we have already become aware of in our lives in this existence.

There is something about the examples in this collection of writings that we liked. We would like to remember what we once thought about the given, because this work was sufficient for something right. The observance of a

The order in which we created these writings led us to use our own arguments where we thought they fitted well. Everything we know still has an effect on our being in retrospect due to its affiliation with our person. We have also assumed that our own life story is intertwined with our existence. The central focus on the We have sought our own destiny and thought that it has rightly existed at every stage of its existence.

Documentation

An unencumbered emptiness

We have largely retained what has led to the progress of things for us. Something of substance has emerged for us, which we know how to observe. We consider them to be benign in nature.

We have gladly established a stringency of our thoughts where we have been able to do this well. Something has become clear to us. We noticed some congruence between our being and other aspects of our existence. We paused and looked at what we already understood. We made sure that things would not slip away from us. To do this, we emphasized their consistency.

Our behavior should lead to a balance of ourselves. With their help, we receive what we have to offer. We maintain an appropriate stance, as it suits us best.

This should make the whole thing easier for us. Let what has always been true become true. Let our life be a good one.

Thought

Unit

No one has ever transformed something impossible in such a way that it has lasted for a long time or come true permanently.

An art form that has found its nucleus in the particular and the unique can be safely neglected. It has no trivial theme for itself. A culture that has revolted has lost itself in trivialities. Sooner or later, the orders will prevail and determine what happens here. This can be seen, but it has also been proven historically.

There we have recognized the events. The things we know are opposed to each other and yet they should be united. To do this, they need to be brought into balance. We have done what we could to obtain the necessary values. We have arranged them in proportion to each other and thus ensured that we have clear relationships.

We immediately became aware of something that meant everything to us. Things have always stood in a clear relation to the absolute and have been true. Then they should also be good.

We realized that. As a result, an understanding of reality has helped us to weigh up what we have looked at and seen.

Language design

Freedom

Above all, people pass on their habits to each other.

First, we adopt the basic attitude of standing upright by recognizing and realizing their ideal. We are already well acquainted with this.

To do this, we maintain this attitude because it is right for us. Then we detach ourselves from this good form and simply return to the way we already are. In doing so, we spring back to our usual form. Afterwards, we notice a change in ourselves. We have become familiar with a certain characteristic of ourselves because the correct posture and our own nature have become slightly different. This means that when we adopt the correct posture, something has appeared in addition to our habits. We gradually anchor our knowledge of this form in ourselves. By repeatedly adopting this posture, we recognize in ourselves a consolidation of our own habitus

We have not adopted a permanent attitude. Although this approach has once again shown us what we are like, it has only made us aware of something that applies to us. We are not afraid of it. Our ability to perceive has already been sufficient to justify this statement.

We have accepted and acknowledged a knowledge about ourselves. As a result, something that we have already realized has become true for us. We are happy to deal with what is our own. We use what is ours to build something for ourselves again and try to survive well in this existence with what we have and know.

It doesn't matter what big stones have been lying on our path and blocking it for us. Those who have already arrived on the inner path also know their own inner obstacles. They should be equipped to deal with these things well and to work for their happiness in an appropriate way.

We have also experienced inhibitions from time to time. Sometimes they have warned of danger. There are many fears among us humans. We distance ourselves from them.

Once we recognize our own fears for what they are, we can finally distinguish them from other people's fears. In this way, we can differentiate ourselves from other people's suffering. What has made us ourselves should be enough for us.

Everyone has something of their own. It's the human being that is interested in it. At best, this should make us the living beings that we are. With good reason, we leave it as it is and get on with our lives.

We should no longer doubt our existence. The nature of the world and the nature of a person's existence go hand in hand. Let us simply connect our strength to what is given to us, as we have always known it from our cause. Let us reflect its opponents by fending them off. Every human being is

valuable enough that it is allowed to keep or bring its things into balance. To do this, we wrestle with things so that we can stand our ground against them.

Documentation

The instrument maker

From a formal point of view, it was our attitude that we expressed. Then we found something that corresponded to it. We made that a reality. This is how the examples that stood for us came about.

Some of the works I have created have quirks. These unintentional additions characterize the value of what my works mean. They do not breathe additional life into what I have created, but they have been of relevance to the whole that I have released.

I tried to realize myself as an artist. In the meantime, however, I have become an instrument maker. My workpieces bear witness to this. They were all sketches that I created. I still lack the necessary knowledge to create a proper painting.

The systems and machines that I have worked with just as intensively throughout my life have made it necessary for me to work to determine how they are to be generated. I am preparing myself for this.

The fact that the associated realization is still young for me has pleased me. I have been holding on to the present for years and making the most of what is mine.

I would like to acknowledge what I have found for myself as a result. It was the most recent thoughts that I put into practice in my work. It pacified me, but it also brought me back to my strengths. They came to me spontaneously and revitalized me. I welcomed that.

Idea

A view of time

You can recognize the quality of a player by his timing.

In German, we call everything that has lasted a while time. This has very different characteristics and references. I have come to know a special reference to the field of time when playing chess. There we speak of tempi. Every move represents such a tempo. Before you have taken away your opponent's first pieces, you gain an advantage by winning tempi. To do this, you harmonize the units of your pieces so that they are close to each other. In a skirmish, you gain advantages because you have improved your position.

It is important for a chess player to have thought about a positional picture at the right time. Each such positional picture creates space for a consideration of what has just been given. The chess player brings order to his considerations. He grasps the situation. When in doubt, he improves the interplay of his pieces. Thanks to this

strategy, the chess player has certain moves in mind which he will favor as soon as his opponent has made the corresponding counter-move. His game then appears fluid. The moves he has made form a coherent whole. You can recognize the idea behind it.

It is true that the theoretical number of moves in a game is unlimited. However, there is an advantage that leads to victory, or drawn positions arise, the results of a draw and stalemate then come into effect sooner or later and end the game prematurely.

The permanent pursuit of an advantage presupposes that you have assessed a situation and will improve it in the following moves. Tactical mistakes on the other side put the chess player directly in a better position. Strategic mistakes on the other side also have a negative effect, but are not usually immediately decisive for the game. Sometimes you accept a strategic disadvantage for a tactical advantage.

In chess, a distinction is therefore made as to whether a move has improved the situation on the board in the long or short term. In this area of consideration, one must take into account the significance of a friction for the development of the game. Capturing the pieces wears down the opponent and sets new conditions in motion. A superior force is no longer a superior force as soon as it has been weakened. This can happen locally and does not always have to affect the entire number of pieces. The interplay of the pieces is decisive for the advantage and disadvantage in an exchange and for capturing the pieces.

With each move, the state of both parties on the field changes. Forces are shattered, forces contract.

The number of moves is the measure of the length of a game of chess.

Impulse

A phenomenon and its abstraction

Everything that has already appeared in the world has a certain form of its own. It can be evaluated. Things have always partially produced such a form. These have been events when they have done so.

A classification of events has led people to attribute certain phenomena to things, for which there are individual terms.

A few of these will now be named.

Weight as an internal quantity of materials

Speed as a characteristic of all processes

Moment as the epitome of energy

Warmth as an expression of the proximity between the moving substances

There are now also derived orders of magnitude for such terms. They should also be named.

The weighting - This is where the conservation laws with their equations are hidden.

The tempo - This is where your own frequencies and their intervals are hidden.

The force - This is where the transmissions and their progressions are hidden.

Temperature - It is the result of friction and the resulting friction of the energy types.

Thought

A unit and its balance

The sum of the whole is zero (0). True to this idea, a preservation of what we have considered to be the whole arises of its own accord. No one has yet brought into the world what was already there.

All things have appeared. They exist for what they are.

Some of it seems simple. Yet something that is constant due to its peculiarity has always been the way it is.

We observe nature and take its appearance into account. We assume that it has a certain consistency. We assert this consistency by recognizing it unreservedly. Part of this was that we regarded it as a continuous order of magnitude.

The essence of a world that appears consistent in a continuous way is based on the transcendence of its main characteristics. We presuppose knowledge of this peculiarity of nature.

The main features in their appearance as entities of this world have not participated in the event, but have made such an event possible through their appearance. The appearing nature is one that has shaped itself in itself. This should mean that the transcendences of the entities underlying all given characteristics of nature are absolute. This has stood in contrast to the entity itself. Only transcendence is to be understood as absolute. It stood for an absence of the higher.

True to the natural appearance of a matter, an absence in the clear case of an effect of it means a drive in the manner of a vacuum. We have thus found a motor of the whole that precedes everything.

We thus explain a person's willpower as one by means of which he has submitted to what has happened. It is by no means freely determinable and should not be assumed to be so, because that would be foolish. What can be freely determined, however, is one's own resistance to something that has emanated. We use this as a throttle or brake. In this way, we prevent the excessive ambling and skidding that our form of movement sometimes involves.

Documentation

Integrity

The first step is to understand the person as a whole. Then you form a picture of their personality.

Man, recognize your conditionality. Imagine what is truly given to you. Do not deceive yourself about the conditions of your existence. Recognize the framework of what constitutes you.

The image we have of this world reflects us and our interests. The image we have of our fellow human beings expresses how we feel about our lives and what we like about them.

The judgments we have already made result from our dealings with things. They have a significant effect on our being and are therefore important for our destiny.

Anyone who thinks that being human has been a grace should also be strict with themselves, because otherwise everything will get out of hand and become bad.

Impulse

The hidden meaning

Mastery of the materials is a prerequisite for the proper development of creative power as a human being.

Everything has its manifestation. A person's word adds to the best and complements it. This gives a person his weight with other people.

Some people seek to obtain confirmation. That should be right. But what has already happened cannot be repeated. That is why no one needs to confirm to another what they already knew about themselves. It's more about confirming what we know about him and how we present him to other people in our speech. That has an effect. It shows which of the people has been truthful.

Truthfulness has now been addressed. It is a suitable motif for us. The underlying meaning should be trust in life and the world as it is.

That is all a given. We are honest and ready to create something. Piece by piece, our works complement each other and create something whole for the present. In this way, we have reflected on our own good.

We have made a collection of what means something to us and thus learned to focus on the essentials. We have been given something to do, so we do it. We accomplish our tasks with prudence, calm and patience. Our speed is by no means visible, because it is an internalized order of magnitude for us. It doesn't matter what effect we have on others. We are neutral about it and yet we have done something true. In a way, our independence and their independence has been the same for us.

Whatever we did, we stood by it and got something out of it.

Documentation

World view and consciousness

As humans, we are involved in processes. State by state, we work through something that has existed and that has made a difference to us.

The complete whole forms the basis of our observations of a person's existence. The sum of its content is said to be constant. What has not been constant has only represented a part of it. This can be proven. What is in exchange with other circumstances has not included them. The decrease or increase of something should therefore be an indication that something was incomplete. This implies the existence of other areas.

If we look at a person's existence, the loss of goodness is striking. For this reason, we recognize that an exchange also takes place here. The good in us is being degraded. We are literally exploiting it.

It has been said that truth cannot be multiplied. It is only possible to consolidate a knowledge of it. That should be the task of believers. Without having a certain framework for it, which states what is given, no such knowledge can be attained.

Thought

The thing with the properties

Whatever we have for ourselves, we set it up. We assemble the objects and bring them into position. What we have not been able to do, however, is to give things the properties that we have.

The objects are rearranged in a simple way. In doing so, we become aware of what moves things. But everything has a certain impulse that it realizes of its own accord.

We can be satisfied with that. Sometimes we liked it. Sometimes, however, the items have appeared differently than we intended. We already have a control over this. It has had an effect on our actions. But the truth rests in things and balances everything out.

This is probably the reason why everything seems so different from what we once intended.

We have produced and set up, planted and stretched, only to realize afterwards that our power is unique. It is always limited to the moment and disappears immediately afterwards.

Whatever we have done on our own initiative is immediately burned away. Every action we take is stabilized by a reaction. Everything is in balance or the principle of balance intervenes and restores it.

All objects are given properties that result from the characteristics that make them special.

Our assumption that something dormant is inherent in living things should not be misjudged. We hold fast to a stabilization of the human being. We recognize the reason for the order we have found in the withdrawal of our activity.

Documentation

A world without measure and purpose

We humans live in the world and yet we were not of its kind. Rather, we have bowed to its conditions, but have risen above them as soon as possible.

It is precisely the nature of man that has led to this world existing as one in which everything created corresponds to a human standardization. In this, man has so far remained unique. No other being has done something like this in such a comprehensive way. We have thus transformed paradise into a space, our existence into a compulsion to shape. Everything revolves around how we look better in front of other people. We talk about eternal youth and do everything we can to achieve it. Meanwhile, the basis for this has rotted away. The extinction of the species, the devaluation of flora and fauna are the biggest obstacle to leading a happy life as a human being.

Everything contained in the world will sooner or later be taken by man. It wasn't a question of whether it would happen, the only decisive factor was when it would happen. We are playing with smart devices and are basically already capable of the unusual. Thanks to haptic regeneration, people have opened up the space for themselves to make more of what is inherent in them. He is well advised to work with materials that have already given him access to structure. Their content, the information, is animated by the spirit and can be found in the material. There is life in it, a comedian would say.

In the meantime, it has brought a time and with it something causal, the rust over things. This acidic grub has appeared in every form. Those who have devoted themselves to it have received all the abundance of it, but have also sold and betrayed everything that was once theirs.

The two powers have thus acted in opposition to each other. One has made real what has been, the other has moved something and caused its downfall. In contrast, people have sought a solution to their problem, which they call life, with moderation and purpose. With their focus on the sensible, they have given their crown all its splendor, but have done nothing to preserve any of its foundations. Gardens have rotted away, a library has collapsed. What's the point if it stays that way? What does something matter to us and why haven't we done anything about it?

Idea

One force, four strands

Normal forces, i.e. pulling forces, can be focused by us. They imply an elasticity of us per se, as they can spring back as soon as they are released.

True to my inherent need for calm, I have assumed that my own strength can be divided into four strands. In order to be able to represent these four parts of my force, I depict them in front of me with the help of strings or ropes. Since I assumed that main forces correspond to a normal force anyway, there was nothing wrong with that. The fact that they are pulling can be reproduced in this way.

I also make a connection between them using snap hooks. In this way, I can use a plastic example to illustrate the principle of how forces are transmitted.

Documentation

A language and its idioms

All people speak one language. That is why we are not different from each other.

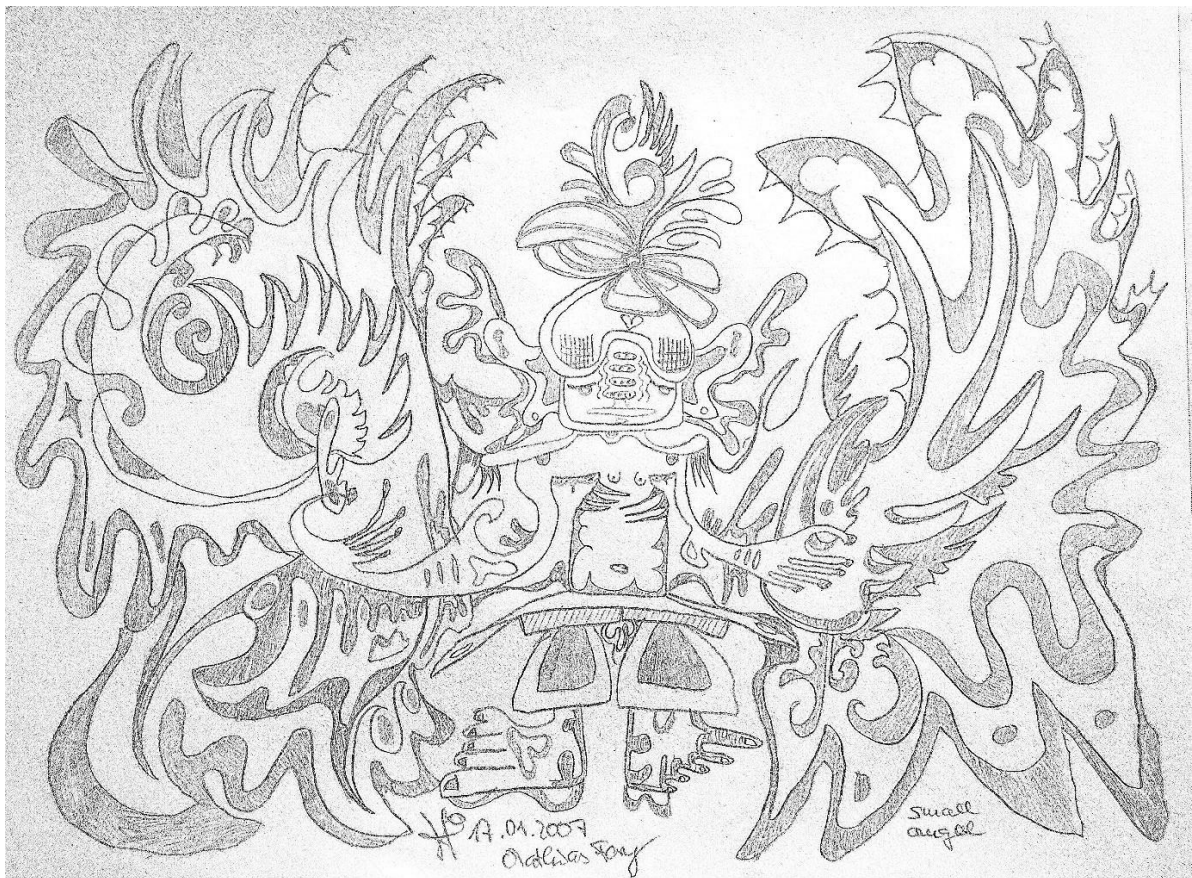
Local customs have an impact on our language patterns. I see the development of a language as a fractal process. Since it has served the purpose of communication, all forms of it are conditioned to be appropriate for communication. They arise because of the civilizational advantage that they provide. These advantages must also include the diversity of the individual languages. Individual subgroups can therefore be differentiated on the basis of the code used. Language is characterized by idioms. These are descriptive images. They can be transported and evoke something in our own imagination. Finding idioms is tantamount to developing skills. Their optional nature is predetermined. Only the person who has acquired them can own them. (Intrinsic capacity of a person) It should be true that they can still be imparted. It should therefore be predetermined that skills are transferable per se. It should not matter who has released a realization. What we have recognized has always released something in us that has done it justice. The people of inventors and discoverers have done nothing other than break down and multiply the known in order to open up new paths. True to an analytical principle, every order of magnitude can be brought into a valid context. The tools for this are familiar from physics. Meanwhile, dimensional analysis makes it possible to check whether one's own assumptions are plausible. Quantities of data are analyzed by clustering them. In this way, similar data is recognized and can be taken as a part of the whole. This process ensures that we can evaluate an infinite wealth of data. In order to do our job properly, we always assume the worst possible case. We look for approaches and ways to clarify this case. In doing so, we transform a material. This mental substance alone has only one state to

which, moreover, was not arbitrary. It is therefore logical that we can set a state of it. This is what we did when we created the work.

A mediation of states is now supposed to be what is practiced, which has come about through the languages of mankind. Everything also has a certain value of its own.

This allows something to be put into perspective. We relate the given to the greater whole of its order according to its weighting.

Cluster by cluster, things are contained within each other. If this formation of knowledge is of a finite nature, then at some point it will have found its complete form. As a result, the truth of the given things is self-evident.



Value structure

Documentation

One approach

In many places, yoga is equated with gymnastics, which it has not been. People do far too much of what they think is healthy, even though the body is sensitive and a person is imbued with a psychophysical balance that has always conditioned their existence.

We acknowledge the uniqueness of the given. In our own nature we find the evidence of the principles for a harmonious approach to ourselves. All order stems from the reduction of excess energy to a controllable level of forces.

We refuse to ingest substances that are harmful to us.

Something good creates space for the preservation of good things. Let's just get used to what it's like when it's good, and let's align ourselves with what has happened.

Intention

The true and its value

Based on the assumption, which is certainly correct, that there is an actual state for every thing, which has been determined by its property, we can recognize and assign the given. In doing so, we determine the value of things. We will be aware of such a value as soon as we have focused on what is clear to us. To do this, we apply the familiar schemes of perception. We have clarity for this.

The situation is different with things that are depicted and conveyed. In the usual state of consciousness as a human being, blurriness usually prevails over clarity and usually makes the given disappear before our eyes because something has appeared blurred before us.

We did not recognize it immediately. Everything seems as if it is not there. That is why things would not be easy to communicate. Everyone has their own motives that limit their ability to comprehend or even hinder them from understanding something.

Then we need some basic knowledge of matter and its states in order to reflect on something already known from nature. We would like to acquire this knowledge and draw conclusions from it.

Only then have we been able to search for the valid objects that are relevant to the respective moment as it currently prevails for us. An object appears visually visible at any time in the area in front of us, provided that it has appeared to us in the right light, which helps us to make things accessible.

Thought

The given

Without focusing on what is there, we will hardly succeed in doing what we want to do in a good way. But maintaining such a focus can tire us out. What has given us the desired view of an object corresponds with the peculiarities of our being and exposes us to certain forces. We have found our own access to knowledge, but we can hardly maintain it in the long term. That is why we make a note of what we have recognized.

Meanwhile, something should be noted. What we consider excluded completely escapes us. Those who have turned against the fundamental would not attain it either. That is why we need spiritual participation from ourselves, readiness. For the visual vision of the given, it will be necessary to allow our own idea that there is something, so that something can appear to us in the invisible realm. Let us simply recognize the associated phenomena of seeing as something that will be true. In doing so, we have already done something right. Now we already know what the alignment of the focus does to us. We try to establish a certain way of seeing things. We do this by recognizing how something has just been, what has happened. We then leave what we have found in its current state. Something appears as it appeared. We perceive that. In doing so, we also realize that what we have perceived has already had an effect.

We know something. Our senses are affected by some impairments. Such impairments are manifestations and are natural. They can be temporary or permanent.

The question of how we behave should determine what is possible for us in this existence. Many things emanate from the nature of man that have already determined the circumstances of his life. Our way of looking at the given allows many a veil to fall over what is there until it finally becomes visible to us.

The question of what we perceive will be shaped by what we expect.

We actually like to tell our fellow human beings something about what we have seen.

However, the unknown ensures that much of what we have seen remains in the dark and is overlooked. Knowing that each person has approached the things of their life in their own way, we ourselves have become witnesses to such an event as it takes place in this existence.

Basically, it is enough for us to have a sighted heart. We would willingly grant other people the same. We are confidently content with what we already have access to.

Idea

A cosmos as a whole

Anyone who, like me, takes an unabridged path will experience many different things. Their sum should be of a finite nature. It will grow steadily and yet remain what it has always been. It retains this peculiarity and still remains finite.

The path without shortening provides us with many a good moment. We are enriched by experience. This is important because it allows us to find and perceive more of the whole than would otherwise be the case. This equips people with impressions. Many a ray of hope will come to him in this way. In the process, many things appear and everything also experiences its weight before him.

We read something from this meaning of things. We measure something given. That's where it gets its true meaning.

How much easier a person's life is when they have recognized the true conditions of their existence. This makes him feel good. All perceptions of the given have also been such that they have suited us. Everything therefore appears before us in a true way.

It should be a fortunate circumstance that we have taken something sufficiently into account when thinking about it. We complete the work in our thoughts and give it its first form. The assessment of the value of the things that are our own succeeds well in such a realm. Only the given must be taken into account by us. It has always been close to us.

In order to initiate the evaluation of such ideas, which we have made true of our own accord, I would like to point out that the picture of the world from a human perspective gradually becomes more complete on its own if it is left in its natural state. Those who have not withdrawn from their own experiences will also have some. Sometimes these will be the same experiences again. That is why he can see something confirmed that has already conditioned him. You simply hold on to it.

Impulse

A completeness of the given

We humans are chosen. It is untrue that we can choose what we want. Life is far less characterized by freedom than we have assumed.

We always trace everything we know back to its true cause and thus make something right. We establish the corresponding experience. That is how something works, that is how this world is shaped. In doing so, we recognize afterwards what it was that happened.

Everything takes time until we have understood it well.

Moments of perception arise for us in the context of reflection. We would like to get an idea of what this means for us.

We create images in all kinds of situations. Such images, as we carry them with us, can clarify the given. They sometimes have a simple nature.

Idea

Emptiness as a basic variable

What remains is light.

Starting from a world of phenomena, people should find their way into it and see its essence.

There he can recognize something of what constitutes it. Everything and nothing should be something that can be utilized by him. He soon recognizes this. This is where he sets his life's task, that he wants to fully grasp and reproduce the whole that determines him.

We do the same. We write our things down. Then it has received its finite form through us and works itself out in a true way. We have largely corresponded to it with our words.

Let's take a look at the vessel from which we have drawn our own good. This jar should contain a certain emptiness and fullness at the same time, because it is certain that the whole exists.

Documentation

The cobbler and his lasts

Everyone has two feet. Thanks to these feet, we can stand and walk. These two feet are subject to heavy strain and require improved support. We make shoes to ensure that we can stand and walk for a long time. But if we are sitting down, we can also take our shoes off. As there is less strain on the feet in such a situation, it doesn't matter.

The cobbler recognizes the usefulness of his work by the fact that people need shoes. So he is pleased that, thanks to him, people can do a day's work that is of a good kind.

Everyone looks at their fellow human beings' feet when it comes to what they are good for. If you're good, you'll find a job. They can hire themselves out. In this way, your own life prospers because you are doing something that is needed. We don't suffer any particular hardship because we can work.

Man has a certain concept of what constitutes him. But only when he submits to the given order should he exist.

There was no other order than the one known to him. Man gathers himself together and applies the true principles of life known to him to himself. In this way he finds a good standing for himself.

That made something possible for him. That's what he was there for, to apply something familiar and implement it in the way he learned it.

These are just 'seven things' that affect us in our everyday lives. No more and no less than these seven things would be relevant for us.

We are doing what we know is good.

Documentation

The way of the writer

If you want to understand something about the art of divination, listen to me carefully. I would like to give you something to listen to.

What I want to write about here should make him understand that language also has a certain order that must be observed. With its help, we form sentences in everyday life from words that we have come to know in the course of our lives. These should be true sentences.

We would generally use it to clarify something. We insist on the comprehensibility of things. A writer has many opportunities to do this. What he has understood, he determines the words as he knows them.

Documentation

Man and his nature

What we do for ourselves, we have determined that we want to do it. We commit to it. We call something what it is. That is a given, so it happens.

A writer preserves what has happened through his work by reproducing it. That was without invention. His words have a certain brilliance of their own. They mean something.

Many an image has already come to us of things that have already happened. While we have been thinking about it, it has come true. We sometimes draw such a picture before us in the sands of the world, but we can also write down the story of it.

Documentation

Pulling the world

The present is the time when you have to have already moved the rudder of a ship if you don't want to capsize. The sea harbors a number of dangers. We neither know the water well, nor do we know enough about the time we have left.

Something from Africa - Philosophy

Connection of time and spatial orientation

The past is known to us and should therefore lie before us, i.e. it will be in the visible realm. Similarly, the future can be thought of as lying hidden. This means that it will be located behind us.

But if we close our eyes, we become aware of everything. Those who find their way in can also survive.

Thought

Irregularity of nature

One truth of the world in which we live our own existence will be the unpredictable event that comes about because everything and nothing at the same time makes up the whole of what the world and its nature are. This will be more than we expected when we look at the world. All events emanated by human beings will be merely determinations of uncertain duration. Nothing will be exempt from this. What wants to appear will do so. Our sphere of influence will soon end.

All causal relationships would reach no further than their own end. Some people find this difficult to cope with. Those who love logic should take such facts into account. Causality reduces all logic to absurdity.

Idea

Distance and closeness

There is no distance to the future. Everything can come true because the necessary basic material is already there. That's where we keep our hope. Then we experience a lot of support.

We try to live up to our ideals. Nourished by a certain courage that is our own, we shape our own lives.

There would not even be a distance for the past. We have no spatial understanding of time. We understand it linearly, but we suspect that the boundaries of it only exist through the present, because it stands out from everything.

Documentation

Having time for yourself

People are on their own, especially when they have been alone, and yet they want to survive. That is why he takes control of his life in this situation.

Let's just get used to the regular aspects of the given. That should make many things easier for us. That way, many things will be possible for us one day.

Impulse

One man's creative power

A science that has excluded something from its field of perception that it would not understand with its means cannot be comprehensive. Existence is based on a treatment of the given and so everything only takes place where it is taken into account.

Impulse

Being in faith

A Christian man unites what he knows into a faith of great power. Life's events lead to his conviction. Faith, love and hope are virtues of a certain value to him.

Documentation

The posture

Mathias Schneider has assumed that the true bridge to yoga will be the position he currently holds. He sees something fundamental in maintaining his stance. In doing so, he has assumed that integrating yoga into real life has a utility value.

In the meantime, he has described and tested this method. The person would not have to change in the process. Rather, his yoga serves to introduce those moments into his existence that should enable him to preserve his essence. To this end, Mathias Schneider left everything as it was and realized what was good about it.

True to the assumption that one good thing leads to another good thing, he has nurtured his nature and developed characteristics that are noticeable. When he sits, he likes to watch the interplay of the forces at work on him.

Documentation

A basis

Those who are self-respecting would do well to do the same. What has come true in life should be constant.

Documentation

Charges

A person's strengths are more or less well developed according to their ability to cope with life.

Jeffrey's Dynamics

Documentation

Basic idea

Lower the center of gravity (temporarily).

Documentation

Blow out a candle

Focus the breath.

Documentation

Analysis of the force

Differentiation between push, pull and twist when applying a force

Documentation

Approach to an object

normal - vertical (pressure)
tangential - connection
(tension)

Documentation

Orientation of a location

Assume a vertical attachment of the impression to the surface of the body.

Documentation

Minimizing a force

Forces can be canceled.
Forces fade away of their own

accord.

Documentation

Transient phenomena

The phenomenon is an energetic phenomenon. It fades away.

Documentation

Rhythm and progression

Prefer changing actions. Prefer changing postures.

Allow your own strength to swell and release.

Documentation

Prefer objects

Acquire a concept of things. Omit the inane.

Documentation

Resistance and power

Differentiate between impact and effect.

Documentation

Phenomenology

Recognize a rich exterior and a poor (empty) interior as good.

Documentation

A vision

Perceiving your own existence as respected and confirmed.

Cosmology of horror

Thought

Pausing and preserving

A person's spirit has always been vulnerable. Something has also marked him. He can remember that.

The fact that we have realized something simple about ourselves in an easy way makes it even worse. We have been punished for having meant well. Our diligence seemed important to us. We have made many an effort to do justice to our existence. We have loved everything. We have received all of it. We have neither abolished life nor despised it. Meanwhile, we are grateful for all the good things we have experienced. We have always believed that when dealing with us, a person has a nature that is reflected in us.

We have repeatedly looked inside ourselves and heard something good. We have held the same or at least something equivalent to it for our fellow human beings. There has certainly been no wrongdoing in this. Believing in the good should be necessary for a life worth living as a human being. Being human is a given and is based on who we are, what we have and what we do.

Thought

A snapshot

Whenever we have heard of a truth, we understand what it means. This should be a good example for us.

Life brings us something that defines us. We hold on to that. Whenever we have a thought about our existence, we check the applicability of what we have been given. This should then be a lesson for us from which we want to learn something.

Our life's journey has continually turned out to be a circle. We are always on the same path. The path leads to the constancy of our happiness. Faith, love and hope strengthen us along the way.

Affirmation

Shadow and light

Then, when the earth is seen as a whole, the moon will be the closest and the sun the most intense thing there is for us.

Get to safety if something threatens to burn you in the sunlight. This has an effect. Seek protection in safety. Your life will suddenly be a good one. The shadow leads us to many an insight into the reasons for this existence, whereas the firelight of the sun has consumed such things.

It would do us no good to take our time in rescuing ourselves. We should do what is rightly ours to do straight away. This is how we learn to discipline ourselves.

Idea

A cosmology of horror

Man knows that he exists. A light dawns on him. He recognizes his existence. Both actively and passively, we come to know something about who we are. Life is intrinsically linked to existence as a human being. This presents us all with valid conditions. These can be named by us and we can therefore also point them out to other people.

We are taught some lessons that we are expected to master. In the process, we find ourselves. We have learned to recognize the questions of this existence. They mean something to us. From the outset, our commitment to a person's happiness is limited to the good aspects of existence. Everything should be aligned with the order that is to be recognized.

You need your own thoughts and ideas to bring about something good for yourself.

Everything is based on the given order. Internalizing this order enables us to participate in life. The 'cosmology of horror' is initially intended to be one that examines the everyday life of us humans and establishes what this means.

I am now continuing my journey. It should be one that allows me to formulate certain thoughts about my existence in great detail. In this way, I have come closer to the truth of my life.

Thought

Anomalies of fate

A world in which a mathematical-analytical anomaly is assumed to be the cause of the existence of the whole should also be one in which people have a sense of humor for the creator and his work. Perhaps this is precisely why being human is so beautiful. After all, we hardly know what is really given to us.

This is probably also why we humans have recognized and maintained the equivalence that exists for us. For the author Mathias Schneider, this idea is evident.

Thought

Uniqueness and life

We should pause for a moment to consider a concept of things. This will be a mindful moment. Once we know how to control ourselves, we will be able to carry out the necessary considerations of the given with ease. Then we won't have to gnash our teeth so much because we're already doing well. We will also be able to find many a light that illuminates the things that mean something to us.

Idea

A consideration and understanding

This world, in which everything given goes hand in hand, should be beautiful. That is how we see it. One phenomenon has led to another. With a certain single-mindedness, it has done so and made the given a reality.

I want to be satisfied when people are happy with their things.

Thought

Resistance

The top priority is to respect the integrity of the individual. We should preserve it. To this end, we protect our fellow human beings from unnecessary hostility and stop unduly weakening them.

Everyone has something about them that gives them impetus. That is what makes him willing, what he experiences. He can go his own way and do something. From time to time, he comes to reflect on what he has achieved. His thoughts lead him to align his existence with what is good for him.

Each and every one of us would like to experience a certain progress in life. We have made that clear here.

Impulse

Simplicity

The mood of our mind should be cheerful if our existence is kept simple and we experience progress in life.

Idea

Moods

With some justifiable goodwill towards the people around me, I would like to say something about a person's mind.

It can be seen that taking a person's condition into account contributes to the current situation they find themselves in. We lead our lives in a peaceful way. We realize that other people need the same as we do.

Life is a truth in itself. That's how we understood it.

Impulse

The Kenning

Knowing someone well also means that you know something to say about them. People should support each other when they speak up. Everyone gains something when you stick together. .

Idea

About the world

The principle of descent intervenes in everything that exists. Without this behavior of natural things, nothing predictable would happen.

We all know a certain part of the world. We clearly have our own relationship to the world.

We consider our relationship to it and put our own goods in relation to what we know of it. In doing so, we learn our lessons.

The knowledge of ourselves defines who we are. It gives life to our inner world. It should be a pivotal point for us, what we do with the fact that something like this is ours.

In the meantime, a number of events have already taken place in our lives that we have not yet properly categorized. Something has been created in us that we have not yet been ready for. We believe in the proper construction of this creation. Some of it existed before us in the aftermath and was right for us because it meant something good.

There we see the given. The order of things appears before us like a fan. The one overlaps the other and yet is permeated by something else. We already suspected that the behavior of things would not be easy to see through. So we let go of everything. Everything has found its proper place with us. It will soon be clear to us what constitutes the given. Things that are always the same happen to us and make it clear to us how the sphere in which we move is structured. The simple things are closest to us. This is how we realize something that we want to achieve.

Thanks to the consciousness that belongs to us, we can find out what has caused us to go our own way. We come to terms with this. We prepare ourselves anew every day for our own path. To do this, we have reviewed our current lessons and considered what they mean to us. In doing so, we have committed ourselves to our own path in life. Our life should be a good one. There are many variations on this. We go within ourselves and determine the path for ourselves that we have known something about.

Life is something that certainly requires effort. We already know one thing about it. Our paths follow a circular path. We keep to our guidelines by repeating our own actions. This trains us. Once we have become sufficiently accustomed to how things are supposed to happen, we insist on the appropriate way in our lives. We then get to know the given.

Documentation

Life

My life contains several phases of the same goals over and over again and is shaped as a sum of individual episodes of their realization. I start from the reinstatement of the same standards that I have used before. With their help, I can recognize the proportion of things. I believe in the value of my task and make my contribution to the community with its help. Some of what I have done is already accepted by those around me. I am happy to do something of my own.

Impulse

The word and its value

There has always been something about names and numbers that makes them comparable. They convey the meaning of things to us. We talk about what makes something special. It should be something that we like to understand.

The words mean something to us because they can be assigned a value. They embody reliable values for us.

Idea

Capacity to act

If you want to do well in life, you should strive for peace and tranquillity in your presence. In this way, their existence will prosper as soon as the external circumstances allow it. Meanwhile, we should remember the facts of our own lives promptly so that we can make them come true.

Thought

The trivial

A person's claim should be one that he exercises above all towards himself. To this end, he will have to recognize many things. In his introspection, he can realize that he pays sufficient attention to the concerns of his existence.

Many an opportunity for the realization of one's own goods man has in his possession, inasmuch as he accepts the given as it occurs. To do this, he must confirm it in order to be sure of something.

Idea

A grid

The nature of a person cannot be understood in any arbitrary way. Every person has fixed characteristics. There is something about them that has made them who they are.

We shouldn't just claim to be someone with idiosyncrasies. Everyone has something that has stood them in good stead. That has happened, but everyone will also have a corresponding life per se.

We reveal some of the things that are close to our hearts. We can feel the joy just as well as the suffering. Everyone leads their life in their own way and is responsible for themselves. We have to answer the question of whether we can cope with the way our life is.

Freedom

An appeal

To give freedom to a person who has not yet achieved anything for himself, or even to expose him to it, was to push him into a void. Everything that began like this would continue to be nothing good for a long time to come.

Documentation

The history of one's own

A conversation with a good friend led to him suggesting that I go into more detail about the value of the term 'own frequency' and specifically explain what the part of own frequency embodies for me. This is what I would like to do with this little piece of writing.

I write about what a custom frequency is so often on my text pages in the 'Construction kit' tab that it makes sense to explain this non-technical component in more detail.

I imagine that most people are familiar with it when I talk about a moment like the one that can occur when drinking a cup of tea. We've probably all done it at some point.

We take a tea bag and put it in a cup. We boil the water and pour it over the bag. We then wait a short time until it has steeped. Now we have a tasty drink that we can enjoy.

In a conversation with my friend, I used this example to illustrate the concept of 'my own'. I would like to repeat that.

When we go into the kitchen and put on the water for tea, we already suspect that this drink will be good for us. We combine our anticipation with joy at the pleasure to come.

We know a number of such moments from earlier times in our lives and are therefore prepared for what we can arrange for ourselves. An expression of our own comes to us because we have quite rightly linked the memory with the expected. We look forward to the tea, even if it hasn't finished brewing yet and we still have to wait.

A unique frequency is what makes people alive. That's how I imagined it.

Impulse

A spiritual reference

What is a human being? But what will not be human? I.

He consists of flesh, bones and blood, but was not an accumulation of flesh, bones and blood. Everything about man should be well ordered. His temperature allows the substances in his body to be ordered from birth. This has already taken place in him before, carried and guided by his mother. A person has remained viable because of such a temperature. It alone was not enough to adequately visualize, comprehend or describe everything about him, but without it it would not be possible to imagine a human being as a living being.

The temperature gradient makes it necessary for us to have sufficient energy intake at all times. It should not be too high, but neither should its value be too low. Depending on the type of energy intake, a person will find a certain temperament more pronounced than another. This should not be without an effect on him.

Maintaining a certain temperature has made it possible for substance transformations to take place in the human organism. Both the transport of substances to the consuming units and their storage as processed and adapted molecular structures characterize our body and ensure that we stay warm. That is why we are viable.

We have thought of something. Every cell of a human being should be an organism in its own right, fully equipped. This is an assumption that I have gladly made. In accordance with the task assigned to the unity of the cell, it will flourish. From the point of view of such a consideration, a person can call himself perfect without having done anything wrong. It is supposed to be the created thing about man that signifies his completeness in a perfect way.

Life is viable beyond the death of its cells. This is what we see as our ability to reproduce. The true fact that our life continues through such reproduction and transmission of the spark seems strange at first. But this is certainly the case.

For this, a person needs a partner. For a man this should be his wife, for a woman her husband. As a rule, people have grown up in monogamous homes. They will therefore also recognize monogamy as the ideal of a relationship.

It takes two sources that have united under a good light to give birth to another life. The image of seed and ground can be used approximately to show something of what constitutes procreation. However, I have equally recognized a coming together of shell and core as the cause of the begetting of a human being. In doing so, I have viewed the merging of both parts as a fractal of the processes of human development. The donation of life continues in life. I assume this because everything about us must be permeated by the peculiarity of procreation in order to exist well. It is the principle of the beginning that applies to life, but also the principle of its preservation.

Based on the cellular structure of a woman's body, which not only provides nourishment and temperature control, but has always also provided protection and security, there should be a connection between the living and the world. The human being will be connected to the mother and father of the protégé. That's how I saw it.

The child to be protected is primarily cared for by the mother. What was previously carried by the father and mother in equal shares is now nurtured in the mother's womb. Such a donation of life should not be a single event that ends abruptly. It would not be understood as a once-received bang that has since faded away. Rather, it should be a life that has been carried under the protection of life since time immemorial, which is what defines us.

II.

It seems appropriate for me to say that I believe something else. I have thought that a cell is able to remember its existence throughout its life because it alone

only in this way can she find out about her task. But if it already knows this much, it also recognizes the plan that applies to life. Therefore, I would not consider it impossible that a cell is fundamentally able to orient itself to the requirements for its vitality, i.e. that it knows something about its life and its dependence on the whole. I think that it will recognize what confirms that life means something good. That is why I have taken it as true and given that it wants to maintain such a life by using its own strength.

This insight into the necessities of human existence will not only give such a cell the motorization of a machine, but will also affect its consciousness. There is an affiliation to the cell network as well as a certain independence from it as far as its own tasks are concerned, so that they can be performed by it. Class by class, such cells form these units, which I would like to call clusters consisting of interacting cells. This is what class after class forms units in order to organize themselves. They are either loosely distributed throughout the body or they occur locally in clusters. Then they form distinguishable components of the body, i.e. organs. In this way, something will occur in the human body as the internal reference of which a cell can manifest itself. The clusters, consisting of the most diverse units of cells, should be organized partially independently, just as the individual cells are. The body has therefore now become a viable shell of a human being, which we have recognized. The light in it makes it just as much as its abundance of cell material does. This gives it shape and form, it makes it mobile and mobile. He is carried and formed by his spirit, but also by his matter and its structure as an aggregate human being, formed from life, ordered by reference and context, in accordance with the desire for a will to live.

A person is changeable and adaptable. This is also due to some of the properties of their cellular structures. These carry the necessary power to organize the organism. We humans are self-determined beings per se. Without unduly doubting the necessity of such a determination, we can also assume that the life-sustaining processes in us are determined by internal things. Equipped with a whole apparatus of similar but all viable structures, we humans exist. We are made of matter that is related to a living spirit and carries structures. This is what we represent. We own the whole thing as a living organism.

This organism is what constitutes our health, stabilizes it, strengthens it and has thus granted us a peaceful life of long duration.

It is not only success in the external world that would richly endow a person's existence. The beauty of the inner order in him also grants us a certain fulfillment. No one needs to lose anything because of this, to do without something, to envy someone or even to weaken because of it, because they are able to carry everything that is good about them. Everything attainable should be close to us. There it can be well received by us.

I believe that the way I have described life and its meaning for me here has not been untrue. It is supposed to be my formulation of what life is all about.



Impulse

The code of a yogin

From here to there, the path is determined by us humans. It will always be the same distance. It has been an eternal journey that has cost us endless effort. We have to come to terms with that.

Inner paths in humans also exist in this way. The principle applies to them that even the smallest path can be subdivided an infinite number of times. How could it be otherwise than that these paths have all been very long?

We were even more astonished because we can now equate all paths with each other using the given assumptions. An equation of what they have made up for us is supposed to be accurate and true.

Impulse

From the inner construct

Starting from a consideration of the valid framework for a person's existence, which has also been chosen in a fortunate way, we can look at how a human existence is constructed. Our consideration in this regard should be understood as an aesthetic investigation. The author Mathias Schneider would now like to describe the nodes in the grid of a matrix.

The seed (The origin in biology)

The coin (the medium of exchange in the general economy)

A star (the visible point in the sky in astronomy or the fixed point in navigation)

An energy (Planck's quantum of action in physics) A relation (A statistically detectable value in stochastics)

The Conclusion or the Additional One to the Whole (The Eleventh Sephiroth in the Kabbalah) Bindu (A Melt in a Crucible)

The blot (An inkblot in painting)

A program called Bios (The activity of the kernel in computer science) The

Nu (The moment in the moment of time sequences)

This list is incomplete. All types of manifestations of the matrix of a human experience have something in common. They embody a unity that can occur repeatedly. Schneider likes to weave them together. Their structure seems to be regular because of the repetitive course of his things.

Poems

Poem

A star for all time

Normally we specify,
which can offer us orientation. Then
you can look at that.
But we have to digest the reaction to it. It
condenses our meaning.
We could not avoid it,
to say that we have heard good fortune. Oh, there are
such gifts.
That's always possible.

But the many times,
The times when people argue with each other
have also brought something with them.
There is darkness in the night
and light in the day.
We always determine what brings us
fulfillment.
It's something you rely on. But it's also
something you struggle for.

Poem

Reflection

Finiteness would be a power that gives people their conditionality. You soon have everything, but you have only kept it for a short time.

That is why people complain against fate, without question. But isn't that what has happened to everyone? - All people fear.

It's so dreary, this one life. Hardly anyone can forgive themselves for their suffering. There is hardly anyone who can make something better out of it. We don't enjoy the whole thing. Yes, the sun doesn't shine every day. We have to learn to deal with it fairly.

Meanwhile, the winds continue to blow,
Many days pass, worlds disappear and worlds emerge. It all continues with us.
Meanwhile, life goes on.

Everyone is still happy and cheerful at first.
But then, after a vain exuberance, after a surplus of strength and juices, at some point we hardly felt well.
The embers go out in us and this is immediately followed by decline.

Life seems to be so long.
We stayed there with serious and depressed expressions,
Seeking shade, rest and love and
becoming grayer, year after year.

Poem

The finite

Being here makes me so weary.
I have crawled into the darkness of the night. It is filled with loose finiteness.
When will the time finally come for me to stand up and stop going down?

Poem

Basic trust

Priority one in life is to forgive your enemies.

Only then, when something like this has happened, do you realize who you actually are.

One way to prepare for life is to forgive your enemies. The great enemy within should be the first to take care of you.

To the same extent that he seduces you, he is controlled by you.
Then one day you will seek that peace which is also worth striving for.

If you control yourself like this, you will be happy again.
So you have finally achieved that your existence is like you again.

Stir thyself, that is my word, on which a blessing drives thee. Stand here, in this place, and be no longer foolish.

In this way, all that you are will also benefit you. Then you can finally reach good waters.

Poem

Infirmity

The words should be apt,
but not much has been excellent for me. What I
have received is beyond question.
Some have criticized some of it. Some
people didn't understand any of it.
That's when people started attacking me.

My life has been defiled.
And yet I once meant well by them. People's words
can be heard all over the place, but they gave me
nothing.
I was talking about what I was
thinking.

Whatever happened, I listened
to it.
That has become
something. It is true in
itself. That should be
enough.
Then it can be used.

Poem

Posture

What am I making up? What will be
true?
My body is covered in scratches. I am in
pain.
Life draws me.
I have no one to blame for my fate. I pull my hands
towards me.
I keep the plow straight.
It would be a shame to fail in life.

Thoughts

Thought

Subtlety

Sometimes it is enough to know the guidelines for a form that they have determined in order to find a good path for themselves.

Impulse

The enduring human being

During a brief conversation about the consumption of coffee and cigarettes, I once made the following statement. The effect of the substances contained in these consumer goods has always been understood to be additional to a person's vitality. A person's health could not be better than it already is, nor could it be made better.

People's ideas about the properties of these active ingredients have always been very misleading. We sometimes like their effects, but they have also put a strain on our health to a certain extent.

Soon you could no longer get by without them. Everything that has been achieved through the consumption of substances has led to a dependency on such a consumer good.

However, this has had the effect of weakening people. Those who are always greedy have clearly lost quality of life as a result.

Documentation

I am the

I want to go one way. That's what I'm talking about now, that I want to do that. So I'm making something like that happen. But only then will I experience a feeling. First I have to have done something before I can have an experience of it.

As a rule, it was good for me to be active. It allows me to participate in an event. I usually get something good out of it because I have done things in a way that was fair to me.

Impulse

In memory of

A natural phenomenon should be good for something. It wants to be recognized by people for what it is. No one has been able to avoid a natural phenomenon. It rightly appears as it is predetermined for certain situations. As such a part of nature, it is connected to everything from which it has emerged.

A cat did not injure itself when it bit its tail, but rather played with itself in the process. The fact that cats sometimes treat themselves in this way is said to have made them one.

By analogy, I see all those behaviors that human nature has brought with it as something good.

Idea

An order of the given should be true by itself. This is how it appears and how it works.

Impulse

The person who wants to say something with his words that should also be of value to others should stick to the truth of his life.

Affirmation

Simple tasks clarify a person's natural ways and give them insight into their behavior.

Thought

Then, when I was given the choice of taking the full or the empty glass, I sometimes took neither. I don't solve other people's problems at all.

Thought

Soheit

I did what I could as soon as I had a good opportunity to do so. You have to create moments like that for yourself. I don't need any tools for that. I didn't do anything for it, that something will be true, if it wasn't already true by itself. If it has ever gotten that far, that I needed an aid after all, I simply procured it. Something good has remained for me, and rightly so.

Thought

Pulsating life force

I have a moment of concentration, but the spirit of man could not be permanently banished. No one can do such a thing. No one had the necessary reason to put themselves under so much pressure, that it will hurt him.

Thought

Being in the phase of preparing for something significant in your life should be common practice. This allows you to clarify your powers and their relationships. You should look at the true circumstances of your own nature. Many a good thing has then come to us in a simple way. The good should be such that it exists of its own accord.

Thought

Consistency of the given

Accepting yourself as you are and as you were should be good in the long run. Over time, you have learned something about yourself. You have learned to survive because you have begun to believe in yourself. We should get used to the fact that there are many opportunities for us to have such good convictions. What should be true for us other than the belief in the constancy of the given? - We have already acquired the key to our own happiness in this life. No additional things were needed to tackle life.

Once we have come to terms with what we have, we are fine with the way we are. Everything is supposed to be good, as it already is. We hope that we will once again be able to cope with things in our own way.

We are also aware of our own failures. That is why we take into account in our considerations that we can also fall.

Affirmation

When you grow, you grow towards the sky. If you thrive, then thrive from the root.

Thought

An approach to people

Everyone wants to be treated with respect. We also want to experience something good when dealing with our fellow human beings. That's why we've already taken part in some get-togethers with friends. We've talked about a lot of things, but we've also laughed and eaten. Sometimes we've cooked up something together. We made plans, discussed them with the people present and looked at our own path.

Thought

Go to rest if you are tired.

Everything should be fine the way it is with you now.

Thought

Recovery

We look at people,
have not only recognized them as if they
were objects.
No one has ever been without a nature of their
own. That's what we thought.
That's when man finally appeared to us as one.

The thought should be true.
There is a light in our eye. There is a sound in
our ear canal.
We have felt a sense.
Everyone knows their own food preferences.
There is something you perceive on your own.

In this way, we recognize all other people as equally inspired. This is why a light goes on for us.
Something good connects us with our fellow human beings. Happiness has let us find it again.
We then let go and received our own peace. This has also been validated before us.

Thought

Intimacy

I have sometimes kept quiet about my concerns.
This gave you more space for yourself and you soon convinced me of your view.

Impulse

The moment and its course

Sometimes we didn't know exactly where we stood with things. Then you could only guess what something meant to you. But that was not a sustainable situation in the long term. That's why we put an end to this as soon as possible. Let's simply clarify the situation and ask questions about the validity of the given.

Idea

A real thought

Something smaller has stabilized the larger.
Something smaller has strengthened something bigger.
In this way, the smaller things are conditioned by something larger.
It is therefore worth noting that it happened. Something larger is made up of smaller things. The whole of it forms an order for us.

Thought

Requirements

We humans are driven by impulses. We are driven by these impulses in life. But there have also been situations in our lives where we have given ourselves a jolt. We have done this so that we can get back on the right path for us.

Thought

Freedom of choice for people

Being a human being is given to us by life. Some things are firmly linked to it, which we all recognize. We only have a certain amount of freedom of movement for ourselves. This freedom is also limited by our responsibility for our actions.

Impulse

What you have received, you have basically brought about yourself. Nothing in life has happened for nothing. The default follows the path you have taken.

Saying

Idealism

A hare hops across the field.

He is so fast. But he doesn't get any money in the world for it. The animal always runs, jumps and hops.

I almost think it's in his nature.

Impulse

Alienation

The sirens purr sweetly. Their nature is tricky. Unimagined powers are released. The chains become heavier every time you feel them.

Resist their word. Override it. But you would not be able to counter the whispering. That is why I make use of the matter, I accept the language. But you will still feel the chains. Of course, it's better if you know that. Whether there is a way out for you, that is still before you. Hear every movement of your mind. Recognize every thought. You will soon be able to fix it. Shake off the weight of your chains. Do not allow yourself to be dragged down into the abyss. Resist becoming a stranger to yourself.

Aphorism

The beginning of the given

When we are at the beginning of our own things, they also appear to us in a special light. Everything else will be somewhat delayed by the fact that we let it stop us in our tracks because it has impressed us so much. This kind of pause is what makes a person.

Thought

To be able to do something properly, you have to do it in the first place. In doing so, you will find out where you stand with your things. If this is not enough to do something good, then you should simply do it better next time.

Thought

Man is a child of the earth. His independence from it has not been proven.

Thought

Who, if not me, will be responsible for determining that my life force is sufficient for this existence? Why shouldn't I monitor it myself?

Thought

Just so that our heads are finally back on our necks, it should be worth something to behave righteously.

Affirmation

The words given are to be understood. That should be our task. To do this, we have to illuminate them. This is how we recognize their value for us. Without hearing an inner light, there can be no understanding of what is given. Once we feel what is there, this also presupposes that something has occurred that can be felt.

What is that? Yes, who are we? - Some liveliness of spirit stems from a person's questions.

Thought

You will receive freedom when you have demanded it for yourself from others. You have to take freedom in order to possess it.

Thought

What's the point of expecting nothing from your own life? - A person's fate will also be shaped by them.

Thought

The movement of enlightenment reaches its limits where nothing has retained its existence.

Idea**Prerequisites**

A basic prerequisite for a successful hour of work on one's own work would be and remain the prior washing of the body and a cleansing of the environment intended for it. Let's set ourselves up well.

Thought

Even a small heart feels the feeling faithfully.

Thought

Bearing the yoke of life is stupid. But the world belongs to the stupidest. I certainly don't want to go out empty-handed.

Announcement

You can do everything or do nothing. There are all kinds of nuances in between. Everything has its sphere.

Documentation**The right moment**

I give myself seven seconds for a breath, for a posture, for a sit. If that doesn't lead to anything, I let it go.

Idea

Verse I.

Sea and wind, light
and shadow.
They give you a lot of space in your thoughts.
The waves crash against the rocks with a roar. The spray sprays
tirades of water.
Imagine that for a moment,
you are able to understand something.
Clarity and fullness,
Wealth and wealth. All of
this is there.
Even if you think it's nothing, it still means vitality.

Process

This is 'trippy'

The light is hidden in the dark. If you close
your eyes, you will perceive it. Once you hold
your breath, something will emerge,
what there is.
You sit there with your mouth closed
and are.
You draw everything to yourself and come
forward. So you keep still,
and something is preserved for you that has already been given to you.
Then you let it go again and
something happens.
Soon it will be true,
that something is about to happen.
That's the way it is.
You recognize that and are
there. That's how you feel too.

Verse

Independence

First of all, I can be something if I have nothing to say and know nothing. Then I will speak of what has been there, and in the meantime I will be content with the person I meet.

I can do a second one if the gods have forgotten me, I am alone and no hope has arisen in me.

Then I talk to people and would not insist on my opinion.

I can do the third if I have been struck by anger and I am to be punished. Then I refine my behavior so that no guilt hits me unnecessarily hard.

I can do the fourth if my joints have been put in shackles.

I sing the wise song so that the shackles are broken and I walk among the heavens again.

I can do a fifth, even though it was nothing of importance. I speak freely of my existence and grab my foot in the process.

Thought

Destiny

If reality is one that can exist, I ask myself a question. Why does change persist in the world?

What has endured before us?

Do I always have to bow to the circumstances? What is to become of me then?

Won't I get a hump this way?

Everything has improved for me because I have acknowledged my fate.

Poem

One value

It doesn't matter whether it's
cold or warm, as long as it's
water.

It doesn't matter whether it's
near or far, the main thing
would be fire.

It doesn't matter whether it's light or heavy,
the main thing is that it's air.

No matter whether it is rich or dull, the main
thing would be earth.

Impulse

The nature of a human being

A prerequisite for finding the truth of human existence will be for us to see life. That is why we have named the things of life in such detail.

We have limited the words so that the whole thing remains manageable for us. What we can oversee is what we are comfortable with.

Thought

I was particularly pleased when I realized that I had come much closer to my goal.

Impulse

Mindfulness

If you are mentally in the cellar, you have to make sure that you don't stay there for too long.

Biographical

Impulse

The continuum

Sometimes it takes me a while to get this far with my things. Who was surprised by that? - Things happen in an instant, but people with their common sense only understood them afterwards, when they were already as good as finished. Nobody can understand anything in advance.

Documentation

Harmony

Sometimes I have a clear need for harmony. I have not found peace in a charged environment. It has happened in my life that I have demanded harmony. As a rule, I have neither been granted it nor allowed it. Instead, I was declared a 'do-gooder'.

That has not been good for me. That was mainly because I sometimes depend on peace and quiet in the place where I'm staying. Everyone has to be allowed to do what they need for themselves.

Documentation

A principle of action

The events of a person's cosmos are related to each other. The fact that they have occurred constitutes something. Everything that has appeared has an appearance, but also a value of its own. We can see and recognize that. We like to deal with it. We have done a lot of work in this way and have also found our own taste in fashionable things. This has strengthened us, but it has also secured us.

We deal with the given. We stand up for something that suits us. We can fulfill that well. Our actions should give us a perspective.

Phenomenal

Man and nature

Father Moon and Mother Sun, they accompany the planet Earth as if it were their actual child.

Reflections of this can be found in every human being. Turning such things into a science is said to be yoga. Practicing them as an art form is said to be tantra. Mathias Schneider has been working on these topics for years and yet he was not entirely sure that he would be right about what he once said or wrote about these things.

Documentation

In a fever dream

There are things you can think about. Above all, I count those facts that have characterized our existence so far. Having experienced them has made us feel something.

Afterwards, we made sure that we got along. To do this, we decided on something that we liked. That's what we're striving for.

Documentation

An internalized path

We humans are conditioned by what occurs. We reflect what has made us something. To do this, we cite the circumstances of an existence and name their characteristics. They should be inscribed in things and be fixed. That is why they have remained with us. We have generated some knowledge in this way when we have expressed ourselves about it.

The person raised their voice and said something. It has given people a weight that means something to them. Some doors in life only open when you have recognized and communicated the right thing. Then he has been heard.

Each of us also has a physical weight. We can use it to express ourselves. That's what we're made of. However, as no one is able to burden themselves more than they can personally bear, we have protected ourselves from overloading ourselves by using our own strength. We have kept the thresholds with us. We strive for a kind of fulfillment that is constantly possible. We have already become accustomed to these waters. All of us are already in a state of order. That is how it should be.

The whole thing has already settled down for us. For this reason, we can enjoy the success of our own cause. It has already happened for us. We knew what we were going to do and we made it happen. We have walked this path and made progress with our actual mission in life. We are inspired to do so. The fact that what we have done is our own business should be

realize that we are in some way favored by this life. We could well be satisfied with that.

Documentation

Error propagation

An event must be considered in the present. Its content must be stated now in order to be considered true. To do this, we look back.

For this reason, we recognize the history of humanity as something to be told around a campfire. Only there does it acquire the appropriate connotation to become true and mean something. To this end, we tell it together with the appropriate perspective so that we can put ourselves in its shoes.

Anyone who wants to knit a truth with words from the sources of traditional knowledge has to visualize the past. To do this, they must know it. Then it should be possible to understand something about it. Let us learn to unite the given and the known. This will be necessary in order to be able to recognize something of what once constituted historical events.

All concatenation of words through the logic of a language has been something causal and therefore also has a corresponding structure. This structure ensures that a content can be conveyed.

Meanwhile, certain peculiarities have certainly crept into the way we present what we have reproduced. They have arisen even though we have tried to present the stories correctly. Perhaps we didn't pay enough attention to how we said something. From the first misstep onwards, this also has a formative effect.

Even the slightest shadow appears dark as soon as you have looked at it for a while. That's when we reflect and give our words the context that suits them. Anything that deviates from the normal and the ordinary causes an unwelcome skew in the audience. We notice this.

This reflection of our own behavior by those around us is said to be one of the reasons why our orientation has been suspended.

We went into retreat with ourselves. We thought about all of this. We had to find a standard for the existing situation that would make it possible to talk about what had happened. We have committed ourselves to this. This should have the effect of releasing the coherence of our thoughts.

This is how we measure how well we have done our job. An ordinary event is reproduced correctly thanks to the usual way of presenting it. You can learn how to do this.

Then things appeared in the favorable way we needed them to. From then on, our own word gave us the support we needed. A related view of the whole finally emerged in us in an improved way. We worked towards this. We gladly took note of the good things that happened to us and kept to them.

Documentation

A trivial standardization

As an author, Mathias Schneider has determined for himself that he wants to leave the light and shadow of his world of experience as they already were and acknowledge them. In his reception of the given, he studied the events of his life, but also reflected them in the context of his own sensory system. What he perceived was nothing useful. Happiness left him because of this, but sometimes it only became possible because he remained sincere in dealing with it. He examined the meaningfulness of his perception and also found nothing that was different.

In order to be able to put a lid on the whole thing, he saw himself as being free from fixed ideas and remained open to what happened. Sometimes something arose of its own accord, but sometimes he had to trigger it in order for something to appear. Basically, he looked at the world and found himself relating his life to it.

He recognized the outline of his person as an interface and standardized a phenomenon where it appeared. There it stood perpendicular to him as such. It thus reached him and shaped something of what he embodied. A transfer or exchange between the inner and outer realms was therefore able to take place with him in a complete way.

His nature allows him to receive the given. This comes to him as an internalized resonance and reflects what he can feel. It should be good that he has previously aligned himself with his body. He is therefore constantly in a good position. He knows how to leave the given as it is. Something like this has made happiness possible for him and has finally put him in a good position.

What we recognize from the world that directly surrounds us, we have also received as an image of it for ourselves and perceived again.

This is how we have secured our routines.

Documentation

Biographical

I started practicing simple asanas and pranayama when I was about twelve or thirteen years old. I took the instructions from a book in my father's library. The authors of the book are Selvarajan Yesudian and Elisabeth Haich. The book is entitled 'Sport & Yoga' and has been published in several editions in German by Drei Eichen Verlag.

Sometimes I practiced yoga at home in my teenage room, but often I went to the lake or a park. It was important to me not to do this in a place that was too exposed.

In a small, little-visited park in my home town of Offenburg, the so-called Gustav-Rée-Anlage, I practiced the postures and breathing techniques discussed in the aforementioned book for about an hour every afternoon at around 4 p.m. from the age of 15. Since then, it has been very important to me to settle into my body well and to maintain something I have learned in the process.

Nowadays, however, I very rarely practise such exercises on my own, as I did when I was younger. Yoga has now become a cosmos of possibilities, opportunities and spheres for me. Although I have acquired some knowledge of it in the meantime, I know that I could not exhaust it completely with my own efforts. However, the circle of forms that I use has come full circle since then, which should also be of some value to my cause.

Even though it has been true that I am currently unable to perform some of the special postures of hatha yoga, which are properly referred to as asana, due to a lack of strength, I am still concerned with the content of such things from this area. Every now and then, when a day of special significance has come for me, I still sit down on the floor of my home and find myself. Then I focus on myself for a while, which has often done me good.

Exploring the functionality of my own body has sometimes given me great pleasure. What matters to me is the approach. I also meditate. With musical instruments, I also learn to coordinate myself precisely and adopt a good posture. Playing a song provides me with the kind of impressions I need. This is supposed to trigger benign moments in me. I would like to experience such moments in my life. Sometimes I have already had a wonderful feeling because I have succeeded in doing one thing or another.

I have now come a long way in life and can say that I have grown up. You become visibly calmer and more relaxed with age. Some things in my life have almost become a matter of course for me over the course of my life and have always brought me something good. I have become accustomed to their existence. I can deal with some things well and get by while I'm doing it.

This means that I hardly want to exert any influence on the way I live my life. As a rule, I immediately object to a correction of my posture. I recognize their already given form as it is. This has little to do with optimizing those specific things of my existence, but it should be in accordance with my path. In this way, I hope to be able to maintain my sincere relationship to everything that has currently conditioned me.

A person's body basically has many different locations over which it can exert an influence. These localities should all have been in harmony with each other. Their interconnectedness as a whole should make this possible.

Many things are said to have been at work at any one time. Who knew a beginning and an end to it? - It is due to this idea that I do not want to deliberately manipulate my things. Something I have already experienced is settling in. Leaving what has made me what I am should correspond to my intention. This is how I have accepted the given. In doing so, I have known how to see something.

Impulse

Concentration

By concentration, I primarily meant my consistent focus. It has settled in me and I have left it there. Only something that has happened of its own accord has the meaning of something true. We do not want to stand by manipulation. That is why we have averted it where we have succeeded. As best we could, we pointed out what had happened. Something like this should have an effect. Something has already come true in our lives and has meant a lot to us because we have related to it.

We have established a base for ourselves and found a symbol for this object in our surroundings, towards which we are aligned. We have positioned ourselves and adopted a stance. Sometimes we also created the object mentally, remembered it in our thoughts or simply recreated it with a certain imagination. This is easy for us. Something good has thus come to us in a simple way and become true.

So something has happened to us. We have made many a good thing possible. We have sometimes used words to show what this has meant. In the process, we have developed a sense of reason almost of our own accord. We have gradually learned to trust it.

Documentation

Individual

My aim here on the 'Hatha' wiki is to document the dust I have stirred up in my life while practising certain asanas and performing the technique of pranayama. Applying the corresponding exercises and the results of my meditation that have clearly emerged for me have sometimes enriched my life so much that I would like to say something about it. It is also important for me to share here what these things mean to me today. So when I write these texts, I look back on my life and evaluate what I have experienced from today's perspective.

Certainly, some thoughts about the meaning of the existential conditions of being human will be different for me today than they were when I was young. However, this would be nothing other than the necessary course of events, which once enabled me to learn something new and to adopt my own viewpoints. Following on from this, I would now like to try to show the readers of the 'Hatha' wiki something of what related to the path that was valid for me. I will take my time in doing so.

Although I would like my life to be consistently recognized as a good one, the connections between them have not simply opened up to me. For this reason I pause in describing it whenever it seems necessary to me. Before the time at which something is to appear, nothing of it could come true that has any significance of its own. Since I have realized this fact, I give myself

In the meantime, I am making every effort not to demand too much of it. I try to avoid spending too much of myself. I don't need to shine with everything, because something like that will have to disintegrate into mere ashes afterwards. What's more, I wasn't allowed to do anything before the time was right.

Documentation

Small confession

I am happy to stand up for my position with the right people.

I have never practiced yoga in order to be overwhelmed by a sensory illusion. For this reason, I have always tried to avoid doing exercises that might be harmful to me. I also rarely practiced as intensively as others have done at times. Long periods of rest have restored my mental capacity if I no longer felt like practising yoga. There have been many situations like this in my life so far.

By writing the wiki 'Hatha', I would like to shed some light on the darkness of my youth, when I was quite taken with yoga and its discipline. A lot has happened since then.

In recent times, I have tried to restore from scratch the feeling of strength and vigor that I often thought I had lost. I believe that what I can remember well will also endow me with a certain potential. This fact alone should be sufficient reason for me to write this wiki. I would like to tell you something about my experiences with yoga.

In the linguistic processing of those earlier activities of mine, I am now once again acknowledging myself and my existence as I experience it. By naming the thoughts and ideas that I carry with me, I would like to build a bridge to the true knowledge of what determines me. One of my wishes is to gain a little more clarity about my existence in the earlier times of my life. So I train my good in such a way that I like to include my history. I create my collection of texts with words specifically designed for this purpose, so that dealing with it will give me a regular kind of liveliness. The result is something that seems to be like a wicker basket made of woven strands. Such a basket wants to be passed on.

I am now doing this in my own way. I do the whole thing with a certain amount of pleasure because something good has happened to me on other occasions. I assume that something like this will also apply to this.

Documentation

Additions

I have been collecting literature on yoga and the directly related field of tantra for some time now. At the beginning, I didn't have an overview of what there was to discover. From time to time, I have picked up some of the literature and looked at what it tells me.

After that, I incorporated some of it into my everyday life. My existence is sometimes heavily enriched by things like this. It hasn't always been good for me. Some of these things have even led to unsustainable manifestations for me. I have given some of it up again.

My existence as a human being should not degenerate into a spectacle of gymnastics exercises. Nor do I want to drift into mental imponderables. I prefer the unambiguousness of the given and recognize its triviality as a basis of the human being. Consolidating this should help us to lead a good life. It may seem tempting to some people that Indian culture has already revealed some of its secrets. But no matter what kind of stuff we have smoked, it would not improve our relationship with our existence. We would do better to refrain from weakening ourselves through the consumption of intoxicants. The yoke of life would not be any easier to bear if we threw it off. It would be a failure, but it would not empower us to do anything good. We give up something of our existence and succumb to an illusion of compliance.

It should be the whole essence of creation that we have to experience.

Documentation

Enjoying your work

The actual state of the given is the way it has turned out. I want to deal with it and improve something about it that defines me. I approach the good with a certain joy and shape something from the things I have received in return. Some of it takes on a special value for me simply because I have achieved something with it. I imply success whenever I can.

I then pass the matter on to other people. I leave it as it was on its own. I also do something about it that has conditioned me, if it suits the situation and I want to do something like that. Such a moment has already happened to me from time to time.

I hope that other people will do something good with what I have done. It has been my contribution, what they have received from me. Life is inherently designed in such a way that everything has led to an exchange with our fellow human beings.

Receive a thought

In general, people should preserve their possessions for themselves and their loved ones during their existence so that they do not fall into any undue hardship. Then at some point he comes to gain something for himself if he has fared well in his life. At such times, when knowledge of his true goods has come to him, he has learned his lessons. He probably recognized what something like this did to him and knew how to improve himself a little. He was guided by what he had experienced. He continued to walk his path in steps. One action followed another. Something has come true for him.

No one told him to take care of himself, and yet he does so because he has recognized the need to do so. He builds up a property and gains a position for himself. In the beginning, everything was so small and contemplative for him that it seemed insignificant to other people what he owned. He was misjudged because he tried his hand at something like that. Over time, he has felt a lot of anxiety because his good has not prospered without further ado. Even though he sat at it day in, day out to do his work and achieved something with it, he still sat there unfulfilled in the evening and was unhappy. He remained alone and had no one to help him. Apart from his unorganized thoughts, he had no one to help him, and so he lay awake in bed for a long time at night in such a precarious state. As a result, he dreamed a lot of wild things and suffered greatly from how he had fared.

In the morning of the following day, he realized what a difference it made. He was exhausted. But nothing helped. He got up as soon as possible and started his day's work again. It was the same as the days before. So the years of his life soon passed and many a lifetime passed without him making a fuss. He sat down for a moment and observed his situation. It was with great sorrow that he realized what a bad course his life had taken. As a result, the thought of his life became important to him. He looked at it, turned it around and turned to the thought from all sides. He treated this concern like a jewel. But everything has appeared as it has come true. The previous times of life have already passed without yielding anything good for him. They are still doing the same now. So he set to work again and spun another thread.

From time to time, the now familiar thought of what constitutes his destiny came back to him. Then he followed it. He accepted it as it was. Some things seemed bitter to him. With diligent hands, he dealt with the work that had to be done and looked at what he was making a reality. At some point, something good did come of it, because he had devoted himself to his cause. He realized that something right should be created and that everything would be good for him one day.

Over time, he came to a principle for his work because of such circumstances. One's own thoughts have always carried a value in themselves that can be highly appreciated. You deal with what you have for yourself. This is a given. Thus our goods have come into being and become true primarily because of the care we have taken in dealing with ourselves.

Topic

An experience of aesthetics

Taking note of that current version of the writings I have penned has gradually taught me to think things through. In doing so, I have found myself as soon as my words have correctly represented something of what made me who I am.

While I was sitting there reading some of it, it sometimes happened to me that it changed me.

My aim with *Werk* was to build up and maintain my cognitive and mnemonic skills. Thanks to a selection of certain words and their purpose for me, I soon succeeded in many things.

This gave me an opportunity to find my bearings. I didn't understand the events of my youth and adolescence for a long time, although they have remained important to me in retrospect.

Experiencing that phase of great upheaval afterwards did not make it any easier for me to deal with those events in my life story or my memories of them. But I have written so much down in order to preserve a state of mind that says how everything that has to do with me will be rightly reflected. The things that meant something to me were hardly ever shown to advantage in my environment before. If people did talk to me about my life from time to time, they hardly took me into consideration. I always put my needs on the back burner. My happiness in life has always been determined by what things have said to me.

Basically, I'm now bringing my memories of it out of the closet. To do this, I'm using the jargon of a memory of my youth as I write down my texts. I am presenting what I have already experienced in a place like this for a good reason. One of its values should finally become apparent to outsiders (too).

I fundamentally believe in the goodness of existence. I have already dealt with what that means. I look at what it has told me as a human being that I think this way. It should be one of the essential prerequisites for my happiness in life that I hold something on my life.

Documentation

A plot of your own frequencies

In everyday life, I like to create space for that impulse that is inherent in me. This allows me to release something that I need for myself. I try to do something that I will still benefit from later. I have mostly received those impulses connected with my life in my paintings. I have created something that corresponds reasonably well to the techniques 'from the hand' and 'in a single throw'.

In my opinion, the irregular activation of manipulated processes makes people nervous. I prefer to allow the given rather than something like that. Things appeared immediately and were real as they happened. Some phenomena appeared and amazed me. Such effects occurred because I allowed them to happen to me. Sometimes it did me good to do something like that. Something that has arisen in me of its own accord should be present and comprehensible. It is now already formed and has been given every reason to appear to me. I die a thousand deaths because of it, but I also understand. I emerge from my ashes. This is how a reality should be in truth. That's what she brought with her, that you can feel yourself. In this it has been indispensable. That is how our experience became a reality. That is why everything existed, because there was such a good. For this reason, I am building my own on the matter of my heart. One day it will embody a true treasure for me.

I have thus assumed what I own. I then design my work as logically as possible. The pictures from my workshop should therefore bear witness to the fact that I have abstained if an impulse has arisen in me. Then it flowed into my work and emanated. This is how it acquired its value and meaning.

Similar to walking a path in everyday life, I dealt honestly with what arose in me when painting and drawing. I have always done the same thing with it. This is probably how I was able to uncover something that will be contained in my existence.

Thought

I have been like a thief at times. I have stolen people's moments. I was so attentive that I was able to reproduce some of them years later. A time together soon belonged to me completely. Others forgot me again faster than I would have liked.

My nature is sometimes as smooth as a lake. Much of what has suited me has been reflected in me. Meanwhile, my own existence has been a reminder of what everything should mean.

Documentation

Preferences

There are reasons why naming the given things of a life gives people certainty about their existence. He can hear something about it and confirm it. Something is said about it. In doing so, he fulfills his lessons. Many a true thought comes to him over time. Whatever he believed to be true, this existence is linked to conditions that must be adhered to.

I have made such thoughts my own as they have related to me. I have also thought about some of my fellow human beings from time to time. Then I soon come back to myself. My preferences have become clear to me. They have given me many a clue as to how to determine my own happiness in life.

Documentation

A key question

I have only named in my writings what has a part to play in my existence. That came to me. I then examined myself and questioned some of it. One question seemed particularly important to me. Should we not talk about the good things that have defined a person throughout their life?

I have always approached the naming of those events of my existence somewhat when preparing my texts. In doing so, I have revealed my thoughts and made some of them real. I have named how a particular situation was to be understood correctly for me. After that, I secured the linguistic ability I had found. Then I left everything as it was in order to be able to sift and weigh some of it. In the meantime, I have already executed the text as it corresponded to me.

Impulse

Pratyahara

Here I would like to briefly describe how I behave when practising Pratyahara. I usually stand in the asana 'the mountain' and raise my hands to stomach level. I remain in this posture. After a certain amount of time, I experience the body's first attempts to break out of the position I am currently in. I stop this. This gives me self-control over my body.

Verse

Insight

Buddha, the journeyman.

Without using big words, he said it all. (I wouldn't be allowed to do that just like that).

Thought

Eke out an existence in peace

I have always preferred to do things in detail, but to do them properly. In this way, it has already happened that my work has made me better.

Documentation

No small story

From 'difficult' to 'simple' is a path that has always suited us well. I am happy to follow such a path.

I have been doing my work on the 'construction kit' and the 'setting box' in this way for many years. As a result, something has entered my life and become real for me. Many movements in me have brought something to light that is directly related to me.

Memory

Mysterious

A shot whizzes past me with a bang and hits
a stone,
a hole breaks out of it.
Stone, made of broken stone, falls down there.

Some people talk about what happened,
in a different way than I once did.
He therefore thinks that I am wrong in my opinion.

Impulse

I have found that an essential question for existence as a human being is the one that looks at how we deal with our living space.

All the things we know can only be understood in the way they occurred to us. Then they have also appeared to us in this way.

Aphorism

A reflection of the given

Difficulties - it's strange that life has ever managed without them.

I can hardly believe what I have received from life. I never dreamed of what has now come true. I did not foresee it.

Impulse

Journeys of thought with the guitar

For a long time I had been looking for an idea for how I could give my own playing on the guitar a unique characteristic. I left that alone. I emptied myself and released a lot in the process. I explored my nature when I made music. I deliberately did not anticipate the events. Rather, I was looking for harmony. I acknowledged what was given to me.

Documentation

A starting point

Lately, I have hardly read any of the books that once helped me find my own way of life. I want to finally apply what I have learned. That's why I've put the books away. I am currently looking at what has appeared to me in a hidden way. I do that with myself and recognize myself in the process. I continue to follow my path in an unabridged way.

I have never looked for the shortest connection between two points in my life. I don't want to rush through the terrain. Instead, I have taken my time to determine my things.

Documentation

My way

Here I try to put into words something of what I am already aware of from my path in life so far. I describe this in detail and then try to evaluate the writings in order to determine what they mean to me. I can only perceive this as it has just occurred to me. So I am now doing a 'free writing lesson' on this and creating my 'thought log'. This gives me a certain access to myself. In this way, I can create my being and process my own knowledge about it.

I have already recalled and revived some of the good things from my previous existence. My approach to these memories is mainly of a linguistic nature. I remember the words first. I prepare some things for myself as I create my writings. My mnemonic power improves thanks to the removal of any errors and inaccuracies. I penetrate the veil in the room and can access earlier memories of my existence. A particular strength of mine is remembering my own thoughts about earlier times. For me, this is the deepest depth to which I can currently penetrate. In this way, I have set something in motion for myself that would not be wrong or even wrong for an experience of my life.

In the past, I rehearsed some things that I like to fall back on nowadays. That should also be one of the conditions of my existence, that something like that is clear to me. Of course, I have made it one. What a person has been and done should become a meaning for their existence in the course of their life. For me, too, this would be no different.

One reference for my self-awareness should be the ability to perceive the resonance of the materials and structures around me. They are clearly audible to me at the boundary between me and my environment. So I can recognize something that is working there. So I walk my path accordingly.

In order to uphold what has already occurred, from time to time I confess in words what makes me who I am. I live up to this. This should be a declaration of intent. I declare it whenever a favorable opportunity arises. In this way, I can realize myself accordingly. I consider it a good thing that I go my own way and pursue my own goal in a useful way. The world is benign. I recognize its nature. In the same way, I want to be someone who exists in it. So I want my things to come true.

Preservation and probation

Step by step, it is important to achieve consistency on your own path. That's how you learn something. It can be something simple that you accomplish. Nobody needs to rehearse a trick. As human beings, we are neither actors nor artists.

Being a human being is not a vocation, but rather a requirement of life. Let's fulfill that for once. We do what is actually required of us. That is how we are supposed to exist. It should be conceivable that you know your path and know how to walk it in an easy way.

Yoga should also be understood as something that supports us in our lifestyle. That is why it is so important to recognize and adhere to its rules. That will be the first step in its direction. You don't make any concessions. Nor should we submit to an actual lack of understanding. We should not ignore or undermine what is given.

But what will be the given in a person's life? - Everything that can be experienced in our personal environment will be a part of our existence. I also include all direct and indirect contacts with other people in this and thus make it clear to myself what constitutes my existence.

Those moments when I am alone should help me to deal with my existence in a better way. To do this, I go into retreat with myself. I maintain my attitude to my life and try to prove myself in fulfilling my obligations. It would not only matter whether I welcome them or not. I also have to show the necessary willingness to do so.

My rank would clearly not be higher than that of my fellow human beings. That's how I manage to maintain a being that is acceptable to other people. Then the process of self-determination begins for me. Whether it will be possible for me to realize myself on my path is still written in the stars. It would not be of primary importance to know this now. Other people are also trying to achieve something like this. There should be a certain parity among people for this. The weight of one person should not be valued differently to the weight of another. Every person should be worth the same to us. In this way, we gain access to one person without obstructing access to another.

Let's simply find out who is the most valuable and important person in our personal environment. Next, let's remember the person who we considered to be extremely unworthy. What makes these two different? - This is how we should learn to preserve what means something to us.

Can we manage without such an evaluation of the given? - Evaluations have always been judgments. Judgments, however, conclude the questionable process of examination that has sometimes caused us so much trouble in our existence. Let us simply learn to correctly apply the principles for judging something. This is a simple way of giving ourselves a certain right to decide something for ourselves.

The beginning of a path

A successful artist should be someone who does something, who has something and who has made a difference with it.

What has been needed above all by the people around us should be the impetus for healing. The artist has gone into himself and examined his work. How can he do this? Which of his works are already sufficient?

You shouldn't set your sights too low if you want to get something off the ground. You make a fool of yourself if you haven't set yourself a decent target and are too lax in other respects. That's why Schneider recognizes that the works demanded in this way can be achieved.

A healing power should emanate from what we do. A stimulation of leisure, indeed, an experience of beautiful moments should take place and spontaneously motivate people to get involved. They will soon feel better.

Schneider bases his texts on the language of a German translation of the Mahabharata. This is an Indian epic. For him, it is the most beautiful book. He wants to make his painting suitable for children. To this end, he is gradually cleaning up his motoric idiosyncrasies and thus achieving clarity in the design of his works. His music already shows a certain simplicity. This suits him because the circumstances for its creation were also like this.

The author Schneider has woven the three strands of his artistic work into a cord and presents them to you as a whole. Of course, the works can each be found separately and stand alone. But anyone who has already got to know him knows the power of his work. He has kept many things for himself and knows how to refer to them in everyday life. However, you have to find and understand these things yourself before you can enjoy them.

A person may be inclined towards a spiritual experience if it suits them. Schneider is less concerned with creating something pleasing. Rather, he wants to use his way of creating such things to make his own existence comprehensible. All his works strive to simplify the ordinary and are intended to embellish people's lives.

He has set it up so that people can access it whenever they want. There is no need to limit what has already been reproduced. He is interested in spreading his products so that people can get used to what makes them special.

As an artist, he hopes for future generations of people. Their tastes today can only be guessed at. But an increasingly complicated situation in people's lives, as it is today, urgently leads to an increased need for something simple, he believes.

So Schneider continues on his way and does ordinary things. What he has already explained should make it easier to access them.

Thoughts on language design

Documentation

The meaning of words

To give an example of something that has seemed like a secret of life with a story or something comparable to it, I consider a good opportunity to write a text. Something like this usually also contains something of the art of divination. It should be enough for me to have determined what exists with the help of the language. The words should reveal everything else of their own accord. Certain images appear before our mind's eye and can be recognized by us. The fact that something like this is possible has sometimes already benefited my work as a language designer.

Language design

Harmonic rows

Based on the premise that we humans can rise up because everything about us goes with us, we stand up and look for a good path for ourselves in life. We carry with us everything we need to survive. Even if our hands are sometimes filled with all kinds of objects, we usually put them down again as soon as possible. Then we feel free again from the things that were previously weighing us down. We are then able to work again.

It would be possible to grasp what is given to us in life. We see the tasks we have to perform every day as a necessity that we welcome. We have taken some objects into our hands and used them to complete the day's work. Sometimes we also create our own works. What made them so special should be adequately determined by us afterwards. This makes us aware of what we can achieve. They should be appreciated by our fellow human beings. We also achieve something.

So we took one step at a time and found our feet. We have gained an understanding of who we are and what it means that we are like this. We know our name and our origins well.

Both are given to us with certainty. It should be true that in life we are allowed to refer to what our yoke is. That is why we have done so. Being endowed with something good in this way has favored our happiness. We have attained our rank before our fellow human beings and have come to know something of what will constitute a good life.

Documentation

Campfire stories

At times, I have felt the desire to tell people something about my life when the occasion arises. I do this as soon as something has sprouted in my mind that fits the situation. Then I collected myself and liked to tell my stories. I don't necessarily have a lot of meaningful things to share, but many a beautiful moment has come true.

I have sometimes longed for the good moments of my youth. Back then, I often sat around the campfire for a long time and saw the shapes that appeared in the flames. The flames worked on the wood and sent sparks flying. I still remember that well today.

What happened back then changed my life dramatically. These times have clearly and strongly shaped my perspective.

Documentation

A reality

Basically, I would be a painter. But for years, language design has been the profession I've been working on in depth. I am currently in the process of naming the things of my existence in my wikis in a good and correct way. In doing so, I have mostly spoken in ordinary words about what my life is all about. What else do I have to tell you?

I discuss what I know in simple language whenever possible. This has allowed me to maintain my approach to the design of my things. I have attached great importance to the trivial presentation of my thoughts and ideas. The whole of what I have written is intended to help me to express my inner images in a clear way. That is what I would like to do.

My texts then have to be reread by me. As soon as their form was sufficient for my purposes, they stabilized my situation. This has already triggered some memories of earlier times of my existence. I see what I have created as a miniature. I have found the right framework for it with my wikis. I have captured my inner images in them.

Since I have created my writings according to a consistent pattern throughout, some of the better texts I have penned already serve as examples of how I would like to continue writing.

I want to complete my work. I am preparing for that. I read what I have already written in order to tune in to such events as are connected with my cause.

The texts will be corrected by me over time. In the meantime, I am eliminating all the inaccuracies that are still contained in them, error by error. I have also reduced the variety of my own references. I have also standardized my things. Some of it has thus become clearer. In addition, I have only recognized ordinary things that seemed normal to me. The goal is,

that I want to simplify the things described here. I will stay on this path.

Documentation

Proportion of an introspection

I created my texts for a reason. I liked to use them for my own reading. I also managed to adopt certain attitudes when I was working on my work. I appreciated that.

In my work, I have taken into account the order I am familiar with. I have also thematized it from time to time. Now I look at the things that are known to me. In doing so, I look for the root of myself to determine the truth of my life.

The coexistence of the elements of truth has been confirmed. All of this has retained its validity because it continues to exist. I have learned something in the process. The order of one's own world of imagination has virtually simplified the given.

Documentation

A brief reflection

My texts have sometimes seemed rather dry to me. These writings would certainly not be easy for a stranger to understand.

What I have written down should provide people with guidance. I try to write in a simple and catchy way. However, I have not always succeeded in doing this well.

I regularly read my texts myself. In doing so, I have already found some emotions. I have experienced some moods in the process.

I also had to untangle and unravel some of what I read because it was bad. Then I corrected it to the best of my knowledge and belief.

Documentation

Working with joy

When compiling my 'Building Kit' card index, I assume that I have to maintain my own form in order to be in good shape. I want to improve my own situation and therefore ensure the value of my writings as soon as possible. The appropriate text examples should help me to do this.

In my work, I have dealt with the good, the true and the right, which I already know. I did this on purpose. In doing so, I hoped to achieve useful results.

I attribute the improvement in my life circumstances that I have experienced in the meantime to my involvement with my work. That is also work. Some good things have come out of it. My writings connect some of the things that mean something to me.

Documentation

The texts

Based on the actual situation of my life, I have decided that I want to recognize the paths I have found for myself in this existence. But first I have to limit myself to the essentials in order to find my path. There are many things that condition me.

I want to feel my own cause from the ground up. I want to understand what moves me in life.

I have already had some thoughts on this. I have written some of them down. Some of what I have reproduced has been very simple. Nevertheless, I assume that I was right to do so.

As the writer of my texts, I have always assumed that my assumptions are valid. However, I have subsequently discarded much of what I have found. The essence of my writings should only be valid when the texts are also easy to understand. Sometimes I am still a long way from that.

Documentation

The frame

The esoteric topics that Schneider has read up on with the help of books over the course of his life have not always given him a coherent picture. He misunderstood some of them. But some things were not so clear to him either. The collection of books he acquired for self-study turned out to be very extensive.

Most recently, he studied Daoist literature from China in depth. Whatever he understood correctly was still not enough to secure his own world view.

He is now in the process of writing his own books. Based on the actual protocols of his thoughts and ideas from his own pen, he has developed his own form of language design, as we know it from him.

Whenever possible, he expanded his texts with additions that completed his writings. He always incorporated the possible extensions into these writings. He understood the whole as a web of fibers that serve as connecting points.

The matrix

In life, I assume that everything that exists can be clarified at some point on the basis of existing and known properties. The properties known to us flourish as soon as we have grasped their connections. They should be named in a trivial way by a person. Their basic form should suffice. Texts that do not carry any actual content in themselves, but merely assert special investigations of a situation without knowing such a situation, should certainly be rejected. The words of a text must be balanced within the overall text in such a way that none of them appears dominant. The true content of the text should be clearly visible, which says what it means to have named and assigned a fact.

In this way, we can speak of the given and keep an eye on the future. This will have to be achieved. Success results from the clarity of what is said. Something has been heard. It has faded away. We can, however, be reminded of a personal achievement associated with this. This is where people receive their results and can back them up. A person's memory corresponds to what they have been able to enter into it and assign to the whole of a mental network. He can discuss and test it there.

To train our memory, we define clear characteristics of what we want to remember. For them, there is a certainty of the legitimacy of their expression. Names, places and times should be what we are prepared to recognize as primary facts. Everything else builds on the grid of those things that have come about for such a reason.

In contrast, a person's actions appear to us to be variable and motivated at the same time. We can assign a cause to such a person or deny it to them. What has been almost impossible, however, is to accept an action as the basis of knowledge without becoming entangled in its processes at some point. Then the thing will be lost.

Chaos is the agent of change. In contrast, clear and unambiguous facts have endured and are inscribed in an order. There has never been one without the other, but it has been easy to expand something fixed with moving things. That's why I favored that. Then my memory also became a corresponding one. A recognition value of the respective event that seems relevant to me often comes into play in my existence. Memories happen to me and remain ready to be recalled without me having to do anything about it.

Impulse

The art of divination

Name what is given. Let the word take effect. This is how you receive yours. Many a good thing comes true. It has come to pass as it is. That's how it works.

Everything that a person owns has a value that affects their existence. People should be free from coercion. In this way, people have been given a choice in life. Everyone can decide what they want to do. But he should also be able to decide what he would not be prepared to do. So all of a sudden his works appear in an unambiguous way. A pattern has emerged. A sequence of events determines a structure of things. In the beginning there are only possibilities, opportunities and spheres. It was an actual nothing, but it had a potential of its own. At first, not much came of it.

Something should be connected to it. We use these moments and locations by putting something into them. To do this, we have something of our own that has resulted from our previous existence as a human being. We can remember what means something to us. We can see some things. We are committed to ensuring that something good comes of it. We have received something like this. Ultimately, we achieve certain results because we have learned to act properly.

Since the spirit of a person should also have its foundation, it will be our best school to recognize something given as it has been.

Let's use our knowledge for ourselves. We have previously acquired such gifts. They already belong to us now.

Impulse

Preventing a mere application

When I write about yoga, I try to shake up the readership a little. An awake mind hears things more clearly than a dreaming one. A person's lot is of paramount importance when it comes to our happiness in life. We are not in a good state as long as we indulge in any kind of activity. Without accepting existence as it is as conditional, we can have no orientation as to which path has been right for us. Only that which can be determined by us can appear to us as something true.

I follow some existing postulates when carrying out my thoughts. Of course, I implement my actions in line with these considerations.

I believe that a bad word did not just happen. What there must be, on the other hand, is something wrong that has been done with words. Everything can rightly appear in its true color. Nature's clothes have always been colorful. We humans have also always been more colorful than we can imagine. Let us not exhaust our minds with the dreariness of the void. Let's simply see the given as something that rightly exists.

A search for meaning

It is an affront not to accept someone's opinion.

Before we can afford something, we need to have looked at what it should be suitable for. We will probably soon be able to fulfill the corresponding requirements because we know them. This should release some good value in us. This is how we approach something given that we are investigating. Ideally, we make the right observations. We then choose a task that we need to perform most urgently for the cause. This can also mean that there is nothing to do.

That's why I took a look at my 'construction kit' file and checked the texts it contains for consistency. I know that they can still be improved.

My text collections were created by me as individual wikis with their own thematic focuses. As they exist today, some of them are still rough drafts. They represent the preliminary stages of a literary presentation of my world of thoughts and ideas. I am still searching for the appropriate content, which I would like to name and present. I have always asked myself how my texts can convey this in a simple and easy way. I really think about what I really want to write down. Over time, I've come up with a number of things that have satisfied my demands on myself.

The only texts that were easy to read were those that did not contain any fundamental errors in content or structure. In order to be able to check how good the respective writings of mine have become, I would like to read them in detail. It was good that the individual text passages stood on their own.

The respective 'cells' of the wikis form their own units within the whole. What I have written is based on simple basic ideas. With some faith in God, I set to work and preserved what is still valid today. When writing, I have drawn conclusions from the known to the directly relatable and have thus been able to expand my writings. In doing so, I have integrated every word here that can rightly be used. This situation was like a test. Thanks to it, I have been able to expand and clarify my vocabulary. I learned a lot while writing this literature. I was also able to read it. It has given me a certain satisfaction.

We want to be able to understand the language of our surroundings and what is being said. This is a prerequisite for any participation of ours in a community. We have understood this and thus gained the motivation to make good use of what we have already written down.

Impulse

Preparation of the learning material

No one will be able to hear everything in one go. That is why I am saying this in clear and unambiguous words. The fullness of a life and its things can only be grasped gradually in individual bites. Just as we portion food into bite-sized portions when we eat, our thoughts and ideas also have a proper measure. Only those who are able to break them down into individual bites can swallow them. Only he will be able to nourish himself from them.

Documentation

One base station

I design my own things on the Internet. The field for this should be my card index box. For me, it represents a real reference system that belongs to me. That's what I assume about the work. In the meantime, I've set up a whole collection that can be accessed via the Internet. You can find my pages there and deal with their content. In the meantime, I can continue to work on them.

I try to condition myself through my work. My things should one day satisfy a certain audience that has shown an interest in them.

In the meantime, something has emerged that resembles a matrix of words. It will sometimes be understood as an empty matrix, its actual basic form has been that. I have illustrated my things in such a way that their form has appeared without the special character of an enrichment with independent values. Thus I draw my things in their own basic form. It in no way complicates my efforts in my cause.

Little by little, I am gaining the tools to be able to clarify, with the help of my own writings, the context of what made my things what they appeared to be.

Documentation

A few words about the 'Construction kit' card index

I have produced my writings in a very simple way. I look at something given to me and then think about whether I want to say something about it.

The texts contained in my card index give me access to my own thoughts and ideas. In this way, they have mirrored my nature.

I want to achieve a certain value in the way I present my thoughts and ideas. That is why I have examined their form. I want to ensure that what I have said is applicable.

Documentation

My target circle

My real aim would be to write down my sentences in such a way that, word for word, they give voice to something that has consistency and constancy. To this end, I set out and wrote something. My work is only accessible to a few people. What I have written about yoga on my wiki is intended to be a showcase of my intellectual spectrum.

I decided that I wanted to tell you about it and show you what I experienced when I got involved with yoga. My search for the true nature of a human being has led me to this path. A writing such as this one is intended to act as a mirror of my introspection and show readers the characteristics of who they are. In this way, I try to create access to my experience for you.

My texts in the 'Baukasten' file should be seen as a coherent collection of my own writings. That is where I want to go, where it is given.

What did I do when I was working on the 'construction kit'? - Well, I made use of many a good thing. Basically, after many years of reading books, I started to evaluate the knowledge I had gained. I didn't limit myself to anything in particular. Instead, I have tried to get to the bottom of it. My commitment to the trivial representation of things in my life has led me down this path.

Thought

Motivation for language design

Linguistic peculiarities develop in the course of a person's language development. Such structures are audible. You can hear them in his words.

People are guided by what is said. He uses the word.

Once he has spoken with a certain degree of kindness, there is a good chance that his circumstances will improve. A good shaping of the person's own life reality becomes a reality. He can prepare it himself.

What we have considered, we often do rightly. We usually have a good reason for this. Sometimes we know it, but sometimes we have not yet recognized it. That's why we let our thinking happen. We have not intervened in it. Instead, we have protected it.

We imagined something about it. We have experienced the images that have come to us.

We want to relate to this in our everyday lives. We have received what belongs to us.

We have a certain urge. We want our things to be in a good condition. To do this, we move something given into a different position and thus make it our own that we have designed something.

We have had many a dialog. This can be done to clarify the weighting of the issues in our lives. Our goal is to do something for ourselves that

secures our existence. There are some conditions for this. We have explored them and learned our lessons. We want something to come true for us. We have worked hard to make this happen.

Over time, we have become accustomed to the concept of real things. We have talked about what constitutes these things. That's how we educated ourselves. We have gained something for ourselves in the process. Such happiness has already conditioned us in depth.

I would like to make a point here. We humans are all limited. Aren't we all defenceless and confronted with something in life?

We have thought about our situation. We respond to them with certain people. Otherwise, we continue on our path and pursue our self-preservation.

Documentation

Using a grid as a guide

When Mathias Schneider writes his own texts, he first has to find his words before they do him justice. He creates examples of his own style with his writings. He has oriented himself on the results of this.

He has already written down a lot of things. Some of it he has had to edit afterwards. He is actually familiar with the German language, but he has already forgotten some of it. It's hard for him to say why that is. He wouldn't know. But he has made it his mission to get it back into shape.

Impulse

Integrity

The affirmation is, in form, a magic spell that makes something true possible.

Impulse

The equivalence of vowels

As I did not yet know of any applicable rules for the correct pronunciation of the words we utter, I came up with something of my own. I willingly and happily adhere to the principle of the equivalence of vowels. I pronounce them the same length in terms of time. I also articulate them equally clearly.

True to a construction of the words with their usual behavior, I form the consonants around the vowels and thus add my pronunciation.

Each word has its own coloring, thanks to which I am able to hear something that has a clear value. I saw that as favorable.

The clearer and livelier our pronunciation is, the more likely we are to be understood when we speak. It wasn't just so that we could be understood. We have also achieved something for ourselves. What we have made sound has also enlightened us.

Everything has its own inner structure and that is how we perceive it. The parts of it have their own size and therefore also a corresponding proportion. We preserve them for ourselves. This makes something real for us.

We can find some simple approaches to this in order to be properly understood by our fellow human beings. I have found this thanks to an assumption of the given. I generally try to do justice to the equivalence of vowels when pronouncing words. As a result, their sound has become the mediator of what is said.

